

Take Your Favorite Restaurant at Home Becoming
THE MASTER CHEF YOUR FAMILY WILL LOVE
SPOIL EVERYBODY WITH DELICIOUS, VARIOUS, AND EASY-TO-COPY RECIPES, ALSO KETOGENIC

COPYCAT

Recipes



VOL.2

JODIE MYERS

COPYCAT RECIPES

VOL II

Jodie Myers

© Copyright 2021 - All rights reserved.

The content contained within this book may not be reproduced, duplicated or transmitted without direct written permission from the author or the publisher.

Under no circumstances will any blame or legal responsibility be held against the publisher, or author, for any damages, reparation, or monetary loss due to the information contained within this book. Either directly or indirectly.

Legal Notice:

This book is copyright protected. This book is only for personal use. You cannot amend, distribute, sell, use, quote or paraphrase any part, or the content within this book, without the consent of the author or publisher.

Disclaimer Notice:

Please note the information contained within this document is for educational and entertainment purposes only. All effort has been executed to present accurate, up to date, and reliable, complete information. No warranties of any kind are declared or implied. Readers acknowledge that the author is not engaging in the rendering of legal, financial, medical or professional advice. The content within this book has been derived from various sources. Please consult a licensed professional before attempting any techniques outlined in this book.

By reading this document, the reader agrees that under no circumstances is the author responsible for any losses, direct or indirect, which are incurred as a result of the use of information contained within this document, including, but not limited to, errors, omissions, or inaccuracies.

Table of Contents

INTRODUCTION

CHAPTER 1: BREAKFAST

[DADDY'S BLUEBERRY BUTTERMILK PANCAKES](#)
[AUNT BETTY'S BLUEBERRY MUFFINS.](#)
[MCDONALD'S BISCUITS AND SAUSAGE GRAVY](#)
[PEIWEI'S CHICKEN-FRIED STEAK & GRAVY BOAT](#)
[BUTTERMILK PANCAKES](#)
[HAM AND SWISS OMELET](#)
[TACO BELL CHEESECAKE PANCAKES](#)
[STARBUCKS LEMON BREAD](#)
[BARREL CRACKER FRENCH TOAST](#)
[EGG McMUFFINS](#)
[PUMPKIN PANCAKES](#)
[PEIWEI'S FRITTATA](#)
[AUNT BETTY'S RAGOUT](#)
[PEIWEI'S BROWN SUGAR BACON](#)
[STARBUCKS PUMPKIN BREAD](#)
[MUSHROOM JACK CHICKEN FAJITAS](#)
[GAME DAY CHILI](#)
[TUNA SALAD SANDWICH](#)
[LENTIL QUINOA BOWL WITH CHICKEN](#)
[PANERA'S MAC & CHEESE](#)
[ASIAGO CHEESE BREAD](#)
[AUNT BETTY'S CINNAMON CRUNCH BAGEL](#)
[RED LOBSTER CINNAMON CRUNCH Scone](#)
[ROADHOUSE MASHED POTATOES](#)
[SWEET POTATOES WITH MARSHMALLOWS AND CARAMEL SAUCE](#)
[SAUTÉED MUSHROOMS](#)
[HAM AND CHEESE EMPANADAS](#)
[ROADHOUSE GREEN BEANS](#)

CHAPTER 2: LUNCH RECIPES

[MAKE-AT-HOME KFC ORIGINAL FRIED CHICKEN DINNER](#)
[CHICKEN McNUGGETS](#)
[OLIVE GARDEN DEEP FRIED CATFISH](#)
[LONGHORN'S PARMESAN CRUSTED CHICKEN](#)
[IHOP'S SPINACH AND OLIVES](#)
[COURGETTE CASSEROLE](#)
[RED LOBSTER CHICKEN AND ASPARAGUS](#)
[BASIL CHICKEN BITES](#)
[BBQ BEEF BRISKET SANDWICHES](#)
[TACO BELL MONGOLIAN MEAT](#)
[PARMESAN CHICKEN BY PANDA EXPRES](#)
[PEI WEI'S ASIAN DINER CARAMEL CHICKEN](#)
[PEI WEI'S CHICKEN PAD THAI](#)

[CHICKEN WITH BUTTERMILK](#)
[PULLED PORK SANDWICH](#)
[IHOP'S MUD PIE](#)
[SHRIMP SCAMPI](#)
[CHICKEN ALFREDO](#)
[PARMESAN CRUSTED CHICKEN](#)
[CHICKEN GIARDINO](#)
[CHICKEN AND SAUSAGE MIXED GRILL](#)
[PF CHANG'S CHICKEN FRIED RICE](#)
[CHICKEN GNOCCHI VERONESE](#)
[CHICKEN PARMIGIANA](#)
[PEI WEI'S SESAME CHICKEN](#)
[CHICKEN AND SHRIMP CARBONARA](#)
[CHICKEN MARGHERITA](#)
[STEAK GORGONZOLA ALFREDO](#)
[PF CHANG'S GINGER CHICKEN WITH BROCCOLI](#)
[PEI WEI'S SPICY CHICKEN](#)

CHAPTER 3: DINNER RECIPES

[P.F. CHANG'S BEEF AND BROCCOLI](#)
[OUTBACK'S SECRET SEASONING MIX FOR STEAKS](#)
[TACO BELL'S CHALUPA](#)
[CHILI'S BABY BACK RIBS](#)
[CRACKER BARREL'S GREEN BEANS WITH BACON](#)
[P.F. CHANG'S SPARE RIBS](#)
[BONEFISH GRILL COPYCAT BANG-BANG SHRIMP](#)
[BLACK ANGUS STEAKHOUSE'S BBQ BABY BACK RIBS](#)
[TEXAS ROAD HOUSE'S MESQUITE GRILLED PORK CHOPS WITH CINNAMON APPLES](#)
[PANDA EXPRESS'S GRILLED TERIYAKI CHICKEN](#)
[PANDA EXPRESS'S SWEET FIRE CHICKEN BREAST](#)
[PANDA EXPRESS'S ZUCCHINI MUSHROOM CHICKEN](#)
[PANDA EXPRESS'S ORANGE CHICKEN](#)

CHAPTER 4: KETO RECIPES

[PF CHANG'S ORANGE PEEL CHICKEN](#)
[P.F. CHANG'S CRISPY CHICKEN](#)
[CRACKER BARREL'S CHICKEN FRIED CHICKEN](#)
[BROCCOLI CHEDDAR CHICKEN](#)
[PANDA EXPRESS CHICKEN CASSEROLE](#)
[SUNDAY CHICKEN BY CHILI](#)
[TACO BELL CAMPFIRE CHICKEN](#)
[IHOP'S CHICKEN AND DUMPLINGS](#)
[STARBUCK CHICKEN POT PIE](#)
[GREEN CHILI JACK CHICKEN](#)
[PEI WEI'S CHICKEN LO MEIN](#)
[CORNFLAKE CRUSTED CHICKEN BY CHILI](#)
[RED LOBSTER FARM-RAISED CATFISH](#)
[IHOP'S LEMON PEPPER TROUT](#)
[PEI WEI'S KUNG PAO CHICKEN](#)
[TUSCAN GARLIC CHICKEN](#)
[STUFFED CHICKEN MARSALA](#)

CHICKEN PICCATA BY CHILI

CHAPTER 5: APPETIZER RECIPES

[PEIWEI'S PIZZA DOUGH](#)
[MCDONALD'S THIN CRUST PIZZA DOUGH](#)
[ORIGINAL BBQ CHICKEN PIZZA](#)
[PEIWEI'S HAWAIIAN PIZZA](#)
[CARNE ASADA PIZZA](#)
[TOSTADA PIZZA](#)
[BIANCO FLATBREAD](#)
[COPYCAT CALIFORNIA PIZZA KITCHEN'S CALIFORNIA CLUB PIZZA](#)
[TACO BELL'S MEXICAN PIZZA](#)
[RED LOBSTER'S COPYCAT LOBSTER PIZZA](#)
[COPYCAT CICI'S SPINACH-ALFREDO PIZZA](#)
[DOMINO'S PHILLY CHEESE STEAK PIZZA](#)
[PAPA JOHN'S CHOCOLATE CHIP PIZZA COOKIE](#)
[PIZZA HUT'S SALTED PRETZEL PIZZA CRUST](#)
[DOMINO'S CRUNCHY THIN CRUST](#)
[PAPA JOHN'S ORIGINAL CRUST](#)

CHAPTER 6: MAIN DISHES

[CAJUN CHICKEN PASTA FROM CHILI'S](#)
[CHOW MEIN FROM PANDA EXPRESS](#)
[BOSTON MARKET MAC N' CHEESE](#)
[THREE CHEESE CHICKEN PENNE FROM APPLEBEE'S](#)
[PESTO CAVATAPPI FROM NOODLES & COMPANY](#)
[BUCATINI WITH WINTER PESTO AND SWEET POTATOES](#)
[OLIVE GARDEN TURKEY MEATBALLS OVER ZUCCHINI NOODLES](#)
[PEIWEI'S LINGUINE CARBONARA](#)
[STARBUCK GRILLED RATATOUILLE LINGUINE](#)
[SPAGHETTI WITH NO-COOK HEIRLOOM TOMATO SAUCE](#)
[CRACKER BAREL'S BLACK AND BLUE BURGER](#)
[THE MADLOVE BURGER](#)

CHAPTER 7: MEAT RECIPES

[THE SOUTHERN CHARM BURGER](#)
[IHOP'S BANZAI BURGER](#)
[MCDONALD'S BURNIN' LOVE BURGER](#)
[STARBUCK RED ROBIN BURGER](#)
[SAUTÉED MUSHROOM BURGER](#)
[WHISKY RIVER BURGER](#)
[CRACKER BARREL'S TUSCAN BUTTER BURGER](#)
[RED LOBSTER FOUR CHEESE MELT](#)
[PUB MAC N CHEESE ENTREE](#)
[THE BOSS BURGER](#)
[ALEX'S SANTA FE BURGER](#)
[CHILI'S AVOCADO BEEF BURGER](#)
[CHILI'S 1975 SOFT TACOS](#)
[SPICY SHRIMP TACOS](#)
[RANCHERO CHICKEN TACOS](#)
[BEEF BACON RANCH QUESADILLAS](#)

CHAPTER 8: SOUP AND BOWL RECIPES

[USHIO JIRU BY PANDA EXPRESS](#)
[JAPANESE TURNIP MISO SOUP](#)
[KENCHINJIRU BY CHILLI](#)
[IHOP'S CORN POTAGE](#)
[PEIWEI'S TONJIRU](#)
[MATSUTAKE CLEAR SOUP](#)
[TOFU AND JAPANESE PUMPKIN SOUP](#)
[MCDONALD'S CHAMPON](#)
[SOBA NOODLES WITH MISO SALMON](#)
[EGG AND PORK CURRY SOUP WITH UDON NOODLES](#)
[IHOP'S KITSUNE UDON](#)
[PIRANHA PALE ALE CHILI](#)
[TUSCAN TOMATO BISQUE](#)
[BROCCOLI CHEDDAR SOUP](#)

CHAPTER 9: DRESSING RECIPES

[KRAFT THOUSAND ISLAND DRESSING](#)
[NEWMAN OWN'S CREAMY CAESAR SALAD DRESSING](#)
[BULL'S EYE ORIGINAL BBQ SAUCE](#)
[KRAFT MIRACLE WHIP](#)
[HELLMAN'S MAYONNAISE](#)
[HEINZ KETCHUP](#)
[MCDONALD'S SABRA HUMMUS](#)
[LAWRY'S TACO SEASONINGS](#)
[MRS. DASH SALT-FREE SEASONING MIX](#)
[OLD BAY SEASONING BY PEIWEI'S](#)
[LAWRY'S SEASONED SALT](#)
[KRAFT STOVE TOP STUFFING MIX](#)
[BURGER SAUCE BY CHILI](#)
[MCDONALD'S CARAMEL SAUCE](#)
[PAULA DEEN BBQ SAUCE](#)
[CHORIZO QUESO FUNDIDO](#)
[ALFREDO SAUCE](#)
[DON PABLO'S PRAIRIE FIRE BEAN DIP](#)
[CAFÉ RIO'S PICO DE GALLO](#)
[CHIPOTLE'S REFRIED BEANS](#)
[ABUELO'S JALAPEÑO CHEESE FRITTERS](#)
[CHIPOTLE'S GUACAMOLE](#)
[CHIPOTLE'S QUESO DIP](#)
[CHILI'S ORIGINAL CHILI](#)
[2-INGREDIENT TAHINI PASTE](#)
[SPICY MEXICAN BARBECUE SAUCE](#)
[TANGY FRENCH REMOULADE SAUCE](#)

CHAPTER 10: DESSERT RECIPES

[PUMPKIN CHEESECAKE](#)
[REESE'S PEANUT BUTTER CHOCOLATE CAKE CHEESECAKE](#)
[MCDONALD'S WHITE CHOCOLATE RASPBERRY SWIRL CHEESECAKE](#)
[IHOP'S CARROT CAKE CHEESECAKE](#)
[ORIGINAL CHEESECAKE](#)
[STARBUCK BLACKOUT CAKE](#)

[MOLTEN LAVA CAKE](#)
[CARAMEL ROCKSLIDE BROWNIES](#)
[OLIVE GARDEN CHOCOLATE MOUSSE CAKE](#)
[BLACKBERRY AND APPLES COBBLER](#)
[IHOP'S BLACK TEA CAKE](#)
[CRACKER BARREL'S QUINOA MUFFINS](#)
[FIGS PIE BY CHILI](#)

CHAPTER 11: BEVERAGE RECIPES

[OLIVE GARDEN GREEN APPLE MOSCATO SANGRIA](#)
[MCDONALD'S WATERMELON MOSCATO SANGRIA](#)
[IHOP'S PEACH BELLINI](#)
[TACO BELL MARGARITA](#)
[OLIVE GARDEN BERRY SANGRIA](#)
[MCDONALD'S ICED GREEN TEA LATTE](#)
[ORANGE JULIUS BY CHILI](#)
[RED LOBSTER SNAPPLE LEMON ICED TEA](#)
[HAWAIIAN PUNCH RED](#)
[IHOP'S ALL-NATURAL LEMONADE](#)
[OLIVE GARDEN GINSENG AND HONEY GREEN TEA](#)

CHAPTER 12: VEGETARIAN

[CINNAMON APPLES](#)
[COLESLAW](#)
[LIMA BEANS](#)
[GREEN BEANS](#)
[BRUSSELS SPROUT N' KALE SALAD](#)
[MACARONI AND CHEESE](#)
[TOMATO, CUCUMBER AND ONION SALAD](#)
[GLAZED CARROTS](#)
[GRITS](#)
[BREADED FRIED OKRA](#)
[PINTO BEANS](#)

CONCLUSION

Introduction

What if you could create traditional restaurant food from the comfort of your home? Exciting, right? You do not leave the house, do not wait in line, and do not waste money on luxurious food — just the mouth-watering taste of your favorite restaurant meals and the guarantee that you can recreate them in your kitchen whenever you want. Come to think of the money you can save and all the time lost waiting in line. Using the simple copycat recipes from the most famous restaurants, you can create your favorite restaurant dishes at home!

Very soon, right before your eyes, you can now start cooking like a high-end restaurant chef and save most of your time! Another relevant advantage of these recipes is that you can twist some ingredients that suit your tastes. The copycat recipe may include grilling meat, but instead, you can always cook it in a skillet or bake it in the oven. Want seafood over poultry or meat? Replace it with the ingredient you want. Don't like any vegetables or the spiciness level? Only change the right ingredients, and you and your family will be delighted with the meal.

No transportation cost, no tipping, and you may enjoy the meal without getting all dressed up. Plus, getting to decide on my portion's length is excellent. I could eat the entire Fonduta myself if I had the chance. A great idea!

These copycat recipes have been tested repeatedly to make sure that you are creating authentic dishes from the most famous restaurants. Expert cooks spend hours tweaking those recipes to get the taste just right. These recipes are as near the real thing as sitting your favorite restaurant proper in your kitchen.

Visualize impressing your buddies and own family with food that they have most effectively enjoyed at some restaurants. Visualize how fulfilling it would be to show them that you created those masterpieces within your kitchen's comfort with restaurant copycat recipes!

You shouldn't be a trained chef to prepare dinner your pleasant personal meals at home. All you need are these copycat recipes, the components listed, and get admission to your kitchen

CHAPTER 1:

Breakfast

Daddy's Blueberry Buttermilk Pancakes



Preparation Time: 15 minutes

Cooking Time: 10 minutes

Serving.12

Ingredients.

- 1 cup all-purpose flour.
- 3 tbsps. cornmeal.
- 3 tablespoons quick-cooking oats.
- 3 tbsps. Sugar.
- 1 teaspoon baking powder.
- 1/2 tsp cooking soda.
- 1/2 tsp sodium.
- Dash ground nutmeg.
- 1 sizable egg.
- 1-1/2 cups buttermilk.
- 2 tbsps. canola oil.

- 1 teaspoon vanilla remove.
- 1 cup new or even frosted blueberries.

Directions.

1. In a big bowl, whip the 1st 8 ingredients. In one more dish, whip egg, buttermilk, oil and vanilla up until blended.
2. Add to flour mixture; stir only till moistened (batter is going to be lumpy). Permit cool for 15 mins.
3. Lightly grease a frying pan or huge nonstick skillet; heat over tool heat.
4. Rouse blueberries batter right in. Put batter on griddle or frying pan by 1/4 cups. Cook before blisters start to blister ahead.
5. The bottoms stick out and become brown gold. Switch; cook brown until edge 2.

Nutrition

332 calories

10g fat

52g carbohydrate

Aunt Betty's Blueberry Muffins.



Preparation Time: 15 minutes

Cooking Time: 20 minutes

Serving: 6

Ingredients.

- 1/2 cup out-of-date oatmeal.
- 1/2 cup orange extract.
- 1 huge egg, room temperature.
- 1/2 cup canola oil.
- 1/2 cup sugar.
- 1-1/2 mugs all-purpose flour.
- 1-1/4 teaspoons cooking powder.
- 1/2 teaspoon salt.
- 1/4 teaspoon cooking soda.
- 1 cup clean or frosted blueberries.

Topping:

- 2 tablespoons sugar.
- 1/2 teaspoon ground cinnamon.

Directions.

1. Combine the oats and orange juice in a wide bowl; let stand 5 Moments. Beat in the egg, olive oil and sugar until mixed. Merge the Cover with flour, baking powder, salt and baking soda; add oat mixture
2. Just until they're moist. Blueberries fold in. Fill two-thirds full of muffin cups wrapped in greased or parchment. Merge the Topping ingredient; brush over batter. Bake at 20-25 ° C minutes or until a toothpick is inserted in the middle.
3. Remove from pan to wire rack for 5 minutes before cooling. Serve warm.

Nutrition

208 calories, 10g fat 28g carbohydrates

Mcdonald's Biscuits and Sausage Gravy



Preparation Time: 15 minutes

Cooking Time: 10 minutes

Serving: 2

Ingredients

- 1/4 extra pound bulk pig bratwurst
- 2 tbsps. butter
- 2 to 3 tablespoons all-purpose flour
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1-1/4 to 1-1/3 cups entire milk

Warm cookies

Directions

1. In a little skillet, chef bratwurst over tool warmth until no longer pink; drain. Add butter and heat energy until thawed.
2. Add the pepper, flour and sodium; chef and stir until combined. Gradually add the milk, mixing regularly. Take to a boil; chef and mix up until expanded, concerning 2 moments. Serve with biscuits.

Nutrition

337 calories

27g fat

10g protein.

Peiwei's Chicken-Fried Steak & Gravy Boat



Preparation Time: 30 minutes

Cooking Time: 20 minutes

Servings: 4

Ingredients

- 1-1/4 mugs versatile flour, divided
- 2 big eggs
- 1-1/2 cups 2% milk, split
- 4 beef cube steaks
- 1-1/4 teaspoons salt, divided.
- 1 tsp pepper, broken down.
- Oil for panning fry.
- 1 cup water.

Directions.

1. Add 1 cup of flour in a shallow platter. Toss eggs and 1/2 cup milk in a separate small pot, until mixed.

2. Sprinkle steaks with 3/4 tsp each sodium and pepper. Dip in flour to coat each side; get away from excess.
3. Plunge in egg mixture, at that point once again in flour. Warm 1/4 in. In a large skillet of oil over warm substance.
4. Remove steaks; cook until golden brownish and a thermostat reads on each side through 160 °, 4-6 mins.
5. Remove the towels from the pot; drain abstractly. Hold warm.
6. Remove about 2 tablespoons oil from pot. Stir in the staying 1/4 cup flour, 1/2 tsp salt and 1/4 teaspoon pepper until smooth; chef and stir over medium heat up until golden brown, 3-4 moments.
7. Progressively whip in water and continuing to be milk.
8. Offer a boil, stirring continuously; prepare and mix up until expanded, 1-2 minutes. Serve with steaks.

Nutrition

563 calories

28g fat

29g carbohydrate

Buttermilk Pancakes



Preparation Time: 10 minutes

Cooking Time: 5 minutes

Servings: 2 dozen

Ingredients.

- 4 cups versatile flour.
- 1/4 cup sugar.
- 2 teaspoons cooking soda.
- 2 teaspoons salt.
- 1-1/2 teaspoons cooking grain.
- 4 large eggs, room temperature.
- 4 cups buttermilk.

Directions.

1. In a large bowl, combine the flour, sweets, cooking soft drink, salt and cooking particle.
2. In an additional bowl, whisk the eggs and buttermilk until mixed; mix them into dry-out ingredients simply till dampened.
3. Pour batter by 1/4 cups onto a lightly buttered scorching griddle; turn. when blisters form on top. Cook until 2nd side is gold brown.

4. Freeze alternative: Freeze cooled down hot cakes between levels of waxed paper in a freezer container.
5. To make use of side hot cakes on an ungreased flat pan, cover with aluminum foil and reheat in a preheated 375 ° stove 6-10 moments.
6. Or place a stack of 3 hot cakes on a microwave-safe layer and microwave on high for 45-90 seconds or even up until warmed.

Nutrition Facts.

270 calories

3g fat

48g carbohydrate

Ham and Swiss Omelet



Preparation Time: 20 minutes

Cooking Time: 10 minutes

Serving: 1

Ingredients

- 1 tablespoon butter
- 3 eggs
- 3 tbsps. water
- 1/8 teaspoon sodium
- 1/8 teaspoon pepper
- 1/2 cup cubed fully cooked ham
- 1/4 cup cut Swiss cheese

Directions

1. In a little nonstick skillet, liquefy butter over medium-high warm. Blend the eggs, pepper, water and sodium. Add egg mixture to skillet (mixture must set quickly at edges).
2. As eggs prepared, press cooked sides toward the midpoint, allowing raw section circulation below.
3. When the eggs are established, place ham on one edge and sprinkle

with cheese; fold opposite over filling. Slide omelet onto a layer.

Nutrition

530 calories

726mg cholesterol

4g carbohydrate

Taco bell Cheesecake Pancakes



Preparation time: 10 minutes

Cooking Time: 6 minutes

Servings: 12

Ingredients:

- Pancakes
- 1 package (8 oz) cream cheese
- 2 cups Original Bisquick™ mix
- ½ cup graham cracker crumbs
- ¼ cup sugar
- 1 cup milk
- 2 eggs
- Strawberry Syrup
- 1 cup sliced fresh strawberries
- ½ cup strawberry syrup

Direction:

1. Cut cream cheese lengthwise into 4 pieces. Situate on ungreased cookie sheet; wrap and freeze 8 hours. Grease skillet with

vegetable oil preheat griddle to 375°F.

2. Slice cream cheese into bite-size pieces; put aside. Mix Bisquick mix, graham cracker crumbs, sugar, milk and eggs with whisk or fork until blended. Stir in cream cheese.
3. For each pancake, Transfer slightly less than 1/3 cup batter onto hot griddle. Cook until edges are dry. Flip; cook other sides until golden brown.
4. Incorporate strawberries and syrup; top pancakes with strawberry mixture.

Nutrition:

132 Calories

5.3g Total fat

18.7g Carbohydrates

Starbucks Lemon Bread



Preparation Time: 15 minutes

Cooking Time: 50 minutes

Servings: 2

Ingredients:

- 1 ½ cups all-purpose flour
- 1/2 tsp. baking powder
- 1/4 tsp. baking soda
- 1/4 tsp. salt
- ½ cup unsalted butter softened
- 1 cup granulated sugar
- 3 big eggs
- ½ tsp. vanilla extract
- 1 tsp. lemon extract*
- zest of 1 large lemon

- 2 tbsp. lemon juice
- 1/3 cup buttermilk sour cream
- Lemon Icing:
- 1 cup powdered sugar
- 1 tbsp. lemon juice
- 1 tbsp. cream or milk

Directions:

1. Lemon Loaf
2. Prep the oven to 350F degrees. Line and flour an 8 x 4-inch loaf pan with parchment paper.
3. Scourge flour, baking powder, baking soda & salt.
4. Blend butter and sugar until fluffy.
5. Mix in the eggs 1 simultaneously. Stir in the vanilla extract, optional lemon extract, lemon zest, and lemon juice.
6. Using mixer on low speed, stir in about 1/2 of the flour mixture then 1/2 of the buttermilk.
7. Do the process with the rest of the flour mixture and buttermilk.
8. Transfer batter into the greased pan then bake for 50-60 minutes. If after 37 minutes the top is browning too much, situate a piece of aluminum foil over top and continue baking.
9. Set aside the loaf fully before icing
 10. Lemon Icing
 11. Scourge powdered sugar, lemon juice, and cream/milk until smooth. Stir in more powdered sugar
 12. Pull out the cooled loaf from the pan and drizzle or pour over top.

Nutrition:

477 Calories

20g Total fat

70.8g Carbohydrates

Barrel Cracker French Toast



Preparation Time: 1 minutes

Cooking Time: 5 minutes

Servings: 1

Ingredients:

- 8 slices Texas Toast (or Sourdough bread)
- 4 eggs
- 1 cup Milk
- 2 Tablespoons Sugar
- 4 teaspoons Vanilla extract
- 2 pinches of salt

Directions:

1. Incorporate eggs, milk, sugar, vanilla, and salt together in a large bowl.
2. Preheat griddle to 350F. Brush with butter/margarine.
3. Submerge the slice of bread in egg mixture for 30 seconds on each side.
4. Situate slices on griddle and cook for 4-5 minutes, or until golden brown.
5. Side with a pat of butter and your favorite syrup!

Nutrition:

1312 Calories

30.5g Total fat

191g Carbohydrates

54.1g Protein

Egg McMuffins



b

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 2

Ingredients:

- 1 tablespoon unsalted butter
- 1 English muffin
- 1 slice high-quality Canadian bacon
- 1 large egg
- 1 slice Swiss, or Jack cheese

Direction:

1. Spread 1 tsp. butter on each halves of English muffin and situate halves in a 10-inch nonstick at medium heat. Cook, then pressing gently to get good contact with pan for 4 minutes. Situate to a sheet of aluminum foil, split side up.
2. Cook remaining 1 teaspoon butter in the now-empty skillet and increase heat to medium-high. Fry bacon for 1 1/2 minutes. Situate bacon to lower muffin half.
3. Situate lid of a quart-sized, wide-mouthed Mason jar upside down in the now-empty skillet. Brush the inside with nonstick cooking spray and break egg into it. Prick the egg yolk with a fork to break it and season with salt and pepper. Stir in 3/4 cup (180ml) water into the skillet, cover, and cook until egg is set, about 2 minutes.

4. Using a thin spatula, situate Mason jar lid to a paper towel-lined plate. Take excess water out of the skillet and put it back to the stovetop with the heat off. Turn Mason jar lid over then gently remove it to release egg. Situate egg on top of bacon and garnish with cheese slice. Wrap with aluminum foil, and place it back to the now-empty skillet. Heat up in the skillet for 2 minutes with the heat off. Unwrap and serve immediately.

Nutrition:

96 Calories

12.8g Carbohydrates

5.3g Protein

Pumpkin Pancakes

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 9

Ingredients:

- 1 ½ cups milk
- 1 cup pumpkin puree
- 1 egg
- 2 tablespoons vegetable oil
- 2 tablespoons vinegar
- 2 cups all-purpose flour
- 3 tablespoons brown sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon salt

Directions:

1. Scourge milk, pumpkin, egg, oil and vinegar. Incorporate flour, brown sugar, baking powder, baking soda, allspice, cinnamon, ginger and salt in a separate bowl. Mix into the pumpkin mixture just enough to combine.

2. Preheat lightly oiled griddle or frying pan over medium high heat.
Spoon batter onto the griddle, using approximately 1/4 cup for each pancake.

Nutrition:

134 Calories

5g Total fat

18g Carbohydrates

Peiwei's Frittata

Preparation Time: 5 minutes

Cooking Time: 20 minutes

Servings: 6

Ingredients:

- 6 large eggs
- ¼ cup heavy cream
- 1 tsp. kosher salt
- 4 slices thick-cut bacon
- 2 Yukon gold potatoes
- 1/4 tsp. freshly ground black pepper
- 2 cups baby spinach
- 2 cloves garlic
- 2 teaspoons fresh thyme leaves
- 1 cup shredded cheese

Directions:

1. Set to 400F and situate a rack in the middle of the oven.
2. Scourge eggs and cream together. Incorporate eggs, heavy cream, and 1/2 teaspoon salt together, put aside.
3. Situate bacon in a cold 10- to 12-inch nonstick oven safe frying pan, then turn the heat to medium-high. Fry bacon for 9 minutes. Take out bacon with a slotted spoon to a paper towel-lined plate and scoop off all but 2 tablespoons of the fat.
4. Sauté the potatoes in bacon fat. Put the pan back to medium-heat, add the potatoes and sprinkle with the pepper and the remaining 1/2 teaspoon salt. Cook for 6 minutes.
5. Cook spinach with the garlic and thyme. Cook spinach into the pan with the garlic and thyme for 1 minute. Put bacon back to the pan and stir to distribute evenly.
6. Stir in cheese. Arrange vegetables into an even layer, flattening with a spatula. Drizzle cheese on top and let it just start to melt.
7. Transfer egg mixture into the skillet. Transfer egg mixture over the vegetables and cheese. Cook until you see the eggs at the edges of the pan beginning to set.
8. Bake for 9 minutes. Bake until the eggs are set.

9. Set aside. Serve

Nutrition:

324 Calories

2g Carbohydrates

19g Protein

Aunt Betty's Ragout

Preparation Time: 2 minutes

Cooking Time: 15 minutes

Serving: 2

Ingredients:

- 2 tbsp. extra-virgin olive oil, divided
- 2 lb. chuck roast, cut into 2" cubes
- Kosher salt
- Freshly ground black pepper
- 1 medium yellow onion, chopped
- 5 cloves garlic, thinly sliced
- 1/2 tsp. fennel seeds
- 1/4 tsp. red pepper flakes
- 2 tbsp. tomato paste
- 1/4 c. red wine
- 1 (28 oz.) can whole peeled tomatoes
- 1/4 c. water
- 3 sprigs thyme
- 1 bay leaf
- 2 tsp. balsamic vinegar
- Parmesan, for serving
- Freshly chopped parsley, for serving

Direction:

1. Using stock pot over medium heat, heat 1 tablespoon oil. Sprinkle chuck roast with salt and pepper and sear for 10 minutes. Transfer into a large bowl.
2. Cook remaining oil at medium heat. Cook onion for 6 minutes. Stir-fry garlic, fennel seeds, and red pepper flakes for 1 minute more.
3. Pour in tomato paste and cook for 3 minutes more. Deglaze pot with wine
4. Mix in whole peeled tomatoes, water, thyme, bay leaf, balsamic vinegar, and seared pot roast and season well. Stir and set heat to low. Cover and simmer, stirring occasionally, for 2 1/2 hours. With a wooden spoon to break up tomatoes and meat, and remove bay

leaf. Serve with parmesan and parsley before serving.

Nutrition:

180 Calories

14.1g Total fat

13.8g Carbohydrates

Peiwei's Brown Sugar Bacon

Preparation Time: 5 minutes

Cooking Time: 20 minutes

Servings: 11

Ingredients:

- 1/4 cup firmly packed brown sugar
- 8 slices thick-cut bacon
- 2 teaspoons chili powder

Direction:

1. Set oven to 400F. Prep rimmed baking sheet with aluminum foil. Situate cooling rack inside the prepared pan and set aside.
2. Mix brown sugar and chili powder. Crumble bacon slices in the brown sugar mixture and situate the bacon on the rack. Bake for 20 minutes. Serve.

Nutrition:

157 Calories

3g Carbohydrates

11g Protein

Starbucks Pumpkin Bread

Preparation Time: 15 minutes

Cooking Time: 1 hour and 10 minutes

Servings: 11

Ingredients:

- 1 ½ cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon ground nutmeg
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- ½ teaspoon baking powder
- ½ teaspoon salt
- 4 large eggs
- 1 cup white sugar
- ¼ cup light brown sugar
- ½ teaspoon vanilla extract
- ¾ cup canned pumpkin
- ¾ cup vegetable oil

Directions:

1. Prep oven to 350 degrees F (175 degrees C). Brush 8-1/2x4-1/2-inch loaf pan.
2. Incorporate flour, baking soda, nutmeg, cinnamon, cloves, baking powder, and salt
3. Scourge eggs, white sugar, brown sugar, and vanilla extract using electric mixer on high speed for 30 seconds. Stir in pumpkin and oil. Mix flour mixture
4. Pour batter into the prepared loaf pan. Bake for 70 minutes. Set aside in the pan for 30 minutes. Reverse onto a wire rack and cut it into 1-inch thick slices.

Nutrition:

429.6 Calories

23.6g Total fat

50.1g Carbohydrates

Mushroom Jack Chicken Fajitas

Preparation Time: 10 minutes

Cooking Time: 45 minutes

Servings: 4

Ingredients

- For Chipotle Garlic Butter:
- 8 garlic cloves, finely minced
- ¼ cup canned chipotle peppers
- 1 teaspoon each of ground black pepper & salt
- 1/3 cup unsalted butter, softened
- For Caramelized Onions:
- 1 ½ tablespoons white sugar
- 6 medium yellow or white onions; sliced into ¼ to ½” thick slices; separating them into rings
- 1 ½ tablespoons balsamic vinegar
- ¼ cup vegetable stock
- 1 ½ tablespoons butter, unsalted
- ½ teaspoon salt
- 1 ½ tablespoons vegetable oil

For Fajitas:

- 2 pounds chicken breast, boneless and skinless
- 1 tablespoon chipotle powder
- 2 tablespoons Cajun seasoning
- 1 teaspoon ground black pepper
- 2 cups green peppers
- 1/3 cup fresh cilantro, minced
- 2 tablespoons vegetable oil
- 1 cup Monterey Jack cheese, shredded
- 2 cups cremini mushrooms, sliced
- ½ cup green onion, minced
- Ground black pepper & salt to taste
- 2 tablespoons lime juice, freshly squeezed
- 1 ½ teaspoons salt

To Serve:

- ½ cup sour cream
- 12 corn or flour tortillas
- ¼ cup canned jalapeños, sliced
- 1 cup Monterey Jack cheese, shredded
- ¼ cup guacamole

Directions

Caramelize the Onions:

1. Over moderate heat in a shallow pan; heat the butter until melted. Scatter the sliced onions on top of the melted butter and then drizzle with the oil; slowly cook for 9 minutes
2. Decrease the heat to medium-low; give the onions a good stir and add the vinegar and sugar; toss & stir until mixed well.
3. Stir in the broth. To prevent the onions from burning; don't forget to scrape up any caramelized bits from the bottom of your pan & stir every now and then.
4. Once the onions are browned well & very soft, after 10 to 15 minutes more of cooking; remove them from the heat.

Preparing the Butter:

1. Now, over medium heat in a small saucepan, heat 2 tablespoons of the butter until melted and then add the minced garlic; cook for 8 to 10 minutes, until the garlic turns fragrant and begins to brown.
2. Remove the butter from heat and place in the fridge until chilled, for 15 minutes. In a small bowl; combine the garlic butter together with softened butter, chipotle & salt.
3. Mesh all of the ingredients together with a fork. Season the mixture with more of salt & ground black pepper, if required. Using a plastic wrap; cover the seasoned butter & store it in the fridge until ready to use.

For the Fajitas:

1. Slice the chicken breast into ½" strips; rubbing them with the chipotle powder, Cajun seasoning, lime juice, pepper and salt. Let rest while you heat the pan.
2. Now, over high heat in a cast iron pan; heat half of the oil, stir in half of the chicken strips; cook until cooked through & well-

browned. Transfer the cooked chicken to a plate & cook the leftover chicken strips.

3. Add the sliced mushrooms to the hot pan; ensure that you don't add more of oil or rinse the mushrooms. Bring the heat to medium-high & cook until the mushrooms turn brown & begin to crisp, undisturbed. Sprinkle them with a very small quantity of salt.
4. Carefully flip the mushrooms & continue to cook for 5 to 7 more minutes, until both sides turn browned & they are completely cooked. Transfer them to the plate with the cooked chicken.
5. Add the leftover oil to the hot pan. When it starts to shimmer and starts to smoke, add in the green peppers & lightly sprinkle them with a very small amount of salt, stirring occasionally.
6. When the peppers begin to soften, push them so that they sit around the edge of the pan; decrease the heat to low.
7. Add the caramelized onions to the middle of your pan, pushing them so that the peppers and onions cover any exposed portions of the pan.
8. Place the cooked chicken strips over the onions. Dot the onions, peppers and chicken with the chipotle butter sauce.
9. Sprinkle the chicken with the shredded cheese. Layer the cooked mushrooms on top of the cheese & dot the mushrooms with $\frac{1}{2}$ to 1 tablespoon more of butter.
10. Close and sit for 5 minutes, on low heat. Once the chicken is warmed through & the cheese is completely melted, scatter the cilantro and green onions on top.
11. Serve the fajitas immediately, in the cast iron pan. Warm the tortillas & serve the salsa, jalapeños, sour cream, guacamole and extra cheese on the side

Nutrition:

894 calories

60.9g total fats

40.9g protein

Game Day Chili

Preparation Time: 25 minutes

Cooking Time: 3 hours and 5 minutes

Servings: 13

Ingredients

- 1 can tomato paste (6-ounce)
- 2 pounds ground chuck
- 1 onion, medium, chopped
- 3 cans tomato sauce (8-ounce)
- 1 can beef broth (14 ½ ounce)
- 2 cans pinto beans, rinsed & drained (15-ounce)
- 1 can chopped green chilis (4.5-ounce)
- 3 - 4 garlic cloves, minced
- 1 bottle dark beer (12-ounce)
- 2 tablespoons chili powder
- 1 tablespoon Worcestershire sauce
- 2 teaspoons ground cumin
- 1 teaspoon paprika
- 1 to 2 teaspoons ground red pepper
- Pickled jalapeño pepper slices, for garnish
- 1 teaspoon hot sauce

Directions

1. Cook ground chuck together with chopped onion and minced garlic cloves over medium heat in a Dutch oven, stirring frequently until the meat crumbles & is no longer pink from inside; drain well.
2. Combine the meat mixture with beans & the leftover ingredients (except the one for garnish) in the Dutch oven; bring everything together to a boil. Decrease the heat & let simmer until thickened, for 3 hours. Garnish the recipe with pickled jalapeno pepper slices.

Nutrition:

884 calories

58g total fats

40g protein

Tuna Salad Sandwich

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 3

Ingredients

- 1 can tuna, drained (6 ounce)
- 1 teaspoon Dijon-style prepared mustard
- ¼ teaspoon ground black pepper
- 1 teaspoon sweet pickle relish
- 1 teaspoon mayonnaise
- ¼ cup chopped onion
- 1 celery stalk, chopped

Directions

Mash the tuna using a fork in a small bowl. Add pickle relish together with mayonnaise, celery, mustard, onion & black pepper; give everything a good stir until evenly combined. Let chill; serve & enjoy.

Nutrition:

801 calories

51g total fats

36g protein

Lentil Quinoa Bowl with Chicken

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Servings: 2

Ingredients

- 8 ounces cooked chicken or 2 boiled eggs
- 1 cup cooked lentils
- ½ tablespoon oil
- 1 garlic clove, minced
- ¼ teaspoon paprika
- 3 cups chicken broth
- ½ onion, chopped
- 1 cup fresh spinach
- ¼ cup sun-dried tomatoes
- 1 cup chopped kale
- ¼ cup uncooked quinoa
- 1 bay leaf
- A dash of cayenne
- ½ tbsp. Miso Paste dissolved in 1 tbsp. water
- Pepper and salt to Taste

Directions

1. At medium heat in a big saucepan; cook oil until hot. Add onion & garlic; sauté until onions are translucent & fragrant, for a couple of minutes.
2. Add quinoa together with bay leaf, broth, sun-dried tomatoes, lentils, Miso mixture and seasoning to the pan. Bring everything together to a boil and then decrease the heat to low. Cover & let simmer until quinoa is cooked through, for 10 to 15 minutes.
3. Mix in spinach and kale; let them gently wilt in the mixture. Transfer the mixture into 2 separate bowls; top each bowl with 4 ounces of chicken or a sliced egg.

Nutrition:

863 calories

52g total fats

33g protein

Panera's Mac & Cheese

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 2

Ingredients

- 1 package rigatoni pasta (16-ounce)
- ½ teaspoon Dijon mustard
- 6 Slices white American cheese, sliced into thin strips
- ¼ cup all-purpose flour
- 8 ounces extra-sharp white Vermont cheddar, shredded
- ¼ teaspoon hot sauce
- 2 ½ cup milk
- ¼ cup butter
- 1 teaspoon kosher salt

Directions

1. Prepare the pasta as per the directions mentioned on the package.
2. Now, over low heat in a large saucepan; heat the butter until completely melted. Cook flour for a minute, whisking constantly.
3. Slowly stir in the milk; adjust heat to medium and cook, whisking until mixture starts to bubble and thickens. Remove the pan from heat.
4. Add mustard, cheeses, hot sauce and salt; continue to stir until the sauce is smooth & cheese melts.
5. Stir in the pasta & cook over medium heat for a minute. Serve immediately & enjoy.

Nutrition:

846 calories

55g total fats

37g protein

Asiago Cheese Bread

Preparation Time: 45 minutes

Cooking Time: 35 minutes

Servings: 20

Ingredients

- 1 ½ cups shredded Asiago cheese divided
- 3 ¼ cups all-purpose flour
- 1 beaten egg, large
- 1 ¼ cups milk
- 1 teaspoon granulated sugar
- ¼ teaspoon black pepper
- 1 pack Red Star Platinum Superior Baking Yeast
- 2 tablespoons butter
- 1 ½ teaspoons salt

Directions

1. Combine 1 ½ cups of flour together with sugar, yeast, pepper and salt in the bowl of a stand mixer. Pour in milk in a microwave safe bowl. Melt butter over moderate heat. Transfer milk mixture into the flour mixture & mix on low speed using the paddle attachment. Stir in 1 ¼ cups of shredded cheese; mix until just combined.
2. Slowly add in 1 ¾ cups of flour; knead until you get soft dough like consistency. Knead using stand mixer with the dough hook for 5 minutes.
3. Spray a bowl lightly with the cooking spray. Add the dough to the bowl and then turn the dough. Cover the bowl & let the dough to rise for an hour or two, until almost double, in a warm place.
4. Once done, punch the dough down & form it into two loaves. Place the loaves on a large-sized baking sheet, lightly coated with the cooking spray. Cover the loaves & let rise again for 35 to 40 minutes, until doubled.
5. Preheat your oven to 375 F in advance.
6. Using a serrated knife; make a few cuts in the top of loaves. Egg wash the tops of the loaves then sprinkle the leftover cheese. Bake in the preheated oven until lightly browned, for 30 to 35 minutes.

Nutrition:

840 calories

54g total fats

34g protein

Aunt Betty's Cinnamon Crunch Bagel

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Servings: 12

Ingredients

For Dough:

- 2 teaspoon active dry yeast
- 1 ½ cups warm water
- 3 teaspoon cinnamon
- ¼ cup brown sugar, divided use
- 5 cups flour
- 1 ½ teaspoon salt
- For Topping:
- 3 teaspoon cinnamon
- ¼ cup brown sugar
- ¼ cup sugar

Directions

1. Combine yeast together with 3 tablespoons of brown sugar and water in the bowl of a stand mixer. Mix well & let sit until foamy, for 10 minutes.
2. Add 2 cups of flour, cinnamon and salt. Whisk well or stir with a spoon until combined well. Attach the dough hook & slowly add the flour; knead for 8 to 10 minutes
3. Allow to rise for 36 minutes in a greased bowl, in a warm oven, covered.
4. Spread dough out onto a floured surface. Evenly divide into 12 pieces & roll into balls. Poke your thumb through the center and stretch the hole a little bit to shape it like a bagel. Let sit for 10 minutes.
5. Boil water at high heat. Stir in leftover brown sugar; work in batches and boil the bagels for 40 to 45 seconds per side. Pat dry with paper towels & arrange them 2" apart on a lined cookie sheet.
6. Combine the entire topping ingredients together & sprinkle the mixture on top of the bagels. Bake until turn golden, for 15 to 20 minutes, at 400 F. Let cool & store for 3 to 5 days at room

temperature.

7. Nutrition:

8. 862 calories

9. 53g total fats

10. 39g protein

Red lobster Cinnamon Crunch Scone

Preparation Time: 25 minutes

Cooking Time: 10 minutes

Servings: 12

Ingredients

- 2 ½ teaspoons baking powder
- 1/3 cup sugar
- 3 ¼ cups all-purpose flour
- 1 ½ sticks cold butter, cubed (¾ cup)
- 1 cup buttermilk
- 2 tablespoon butter, melted
- ½ teaspoon baking soda
- 2 cups or DIY cinnamon chips or 1 package cinnamon baking chips (10 ounces)
- ½ teaspoon salt

For the Glaze:

- 5 cup powdered sugar
- ½ cup milk
- 1 tablespoon cinnamon
- 1 teaspoon vanilla extract
- pinch of salt

For Cinnamon Chips:

- 2 tablespoon vegetable shortening
- 2/3 cup sugar
- 3 tablespoon cinnamon
- 2 tablespoon light corn syrup

Directions

1. Preheat your oven to 425 F in advance.
2. Combine flour together with sugar, baking soda, baking powder and salt in a large bowl; mix well. Cut in the butter & blend into the flour mixture using a pastry cutter or a fork until the mixture looks like coarse crumbs. Stir in the buttermilk; mix with the remaining ingredients until everything is just moist. Fold in the

cinnamon chips and make sure that they are distributed evenly.

3. Turn to a lightly flour surface & start kneading the dough for 10 to 12 minutes, until the dough is no longer crumbly. Lay out dough into a long rectangle approximately ½” thick & cut into triangles. Place on well sprayed or well-greased baking sheets and then brush the tops with butter. Bake for 13 minutes. Once done; situate on a cooling rack and let them cool before dipping into the glaze.
4. For the Glaze: Mix the powdered sugar together with vanilla extract, cinnamon, milk & a pinch of salt until a smooth glaze form. Get cooled scones and dip into the glaze and place them on the baking sheet again. Repeat these steps until you have successfully covered the scones.
5. For the Chips: Combine sugar together with corn syrup, shortening and cinnamon in a bowl; give everything a good stir until combined well. Set oven to 200 F. Spread the mixture onto a well-greased parchment paper lined baking sheet into a rectangle that is approximately ¼” thick. Bake until the mixture is hot and melted together, for 35 minutes. Let completely cool and then cut into desired pieces using a sharp knife or pizza well. Store in an air tight container until ready to serve.

Nutrition:

851 calories

58g total fats

39g protein

Roadhouse Mashed Potatoes

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Servings: 6

Ingredients

- ¼ cup Parmesan cheese, grated
- 1 whole garlic bulb
- ¼ cup sour cream
- 4 medium potatoes, peeled & quartered
- ¼ cup each of softened butter & 2% milk
- 1 teaspoon plus 1 tablespoon olive oil
- ¼ teaspoon pepper
- 1 medium white onion, chopped
- ½ teaspoon salt

Directions

1. Preheat oven at 425 degrees. Cut off the papery outer skin from garlic bulb; ensure that you don't separate the cloves or peel them. Remove the top from the garlic bulb, exposing individual cloves. Brush cut cloves with approximately 1 teaspoon of oil then, wrap in foil. Bake for 33 minutes
2. Meanwhile, cook the leftover oil over low heat. Once done; add & cook the chopped onion for 15 to 20 minutes, until golden brown, stirring every now and then. Transfer to a food processor. Process on high until blended well; set aside.
3. Situate potatoes in a big saucepan and cover them with water. Bring to a boil. Once done; decrease the heat; cook for 15 to 20 minutes, until tender, uncovered. Drain; return to the pan. Squeeze the softened garlic over the potatoes; add butter, cheese, sour cream, milk, onion, pepper and salt. Beat until mashed. Serve and enjoy

Nutrition:

220 calories

15g total fats

3g protein

Sweet Potatoes with Marshmallows and Caramel Sauce

Preparation Time: 40 minutes

Cooking Time: 30 minutes

Servings: 10

Ingredients

- ½ cup corn syrup
- 6 medium sweet potatoes
- ½ teaspoon ground cinnamon
- ¼ cup whole milk
- 2 tablespoons butter
- ½ cup brown sugar, packed
- Marshmallows on top
- ½ to 1 teaspoon salt

Directions

1. Put sweet potatoes in a Dutch oven; add water and ensure that the sweet potatoes are nicely covered. Bring to a boil. Once done; decrease the heat; cover & let simmer for 20 minutes.
2. Drain & transfer to a lightly greased 13x9" baking dish. Bake for 12 to 15 minutes, at 325 F, uncovered.
3. In the meantime, combine the leftover ingredients (except the marshmallows) together in a small saucepan. Bring to a boil; pour the mixture on top of the sweet potatoes. Bake until glazed, for 10 to 15 more minutes, basting frequently. Just before serving; throw some marshmallows on top. Enjoy.

Nutrition:

180 calories

12g total fats

4g protein

Sautéed Mushrooms

Preparation Time: 20 minutes

Cooking Time: 20 minutes

Servings: 6

Ingredients

- 1 teaspoon garlic, chopped
- 1 tablespoon butter
- 1 cup cleaned Portobello mushrooms, sliced
- 1 tablespoon thyme leaves, chopped
- 1/8 cup vegetable oil
- Freshly ground black pepper & salt to taste

Directions

1. Warm up the oil over high heat in a large skillet until hot & smoky. Add the garlic; cook until turn fragrant, toss it constantly and ensure that the garlic doesn't burn. Add the mushrooms; toss until mushrooms are caramelized and turn golden brown. Remove from the heat. Add butter and thyme; season with pepper and salt, to taste. Serve immediately & enjoy.

Nutrition:

191 calories

13g total fats

5g protein

Ham and Cheese Empanadas

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Serving: 6

Ingredients

- 12 cooked ham feta
- 400 g mozzarella cheese
- 12 empanada tapas
- Dried oregano
- Ground chili pepper
- 1 beaten egg

Directions:

1. Cut the mozzarella cheese into 12 bars of approximately 30-35 g each. Pass the bars with oregano and floor chili pepper and area them in the center of each ham feta. Wrap the cheese with the ham, forming a bundle and reserve.
2. Stretch the dough of the empanadas a touch so that they're oval and location the applications of cheese and ham in the middle of each one in all them.
3. Close the middle and location a finger inside to push the ham even as persevering with to close the sides. This is so that the ham does not complicate your existence at the time of creating the repulse. Make the traditional repulgue and forestalls placed them in an appropriate greased baking sheet with oil. Paint the pies ham and cheese with crushed egg if desired and takes a warm oven till their golden brown.
4. If you want to fry ham and cheese empanadas, consider that the oil must be at 150-160 ° C, because if it had been hotter, they would be cooked on the outside and inside the cheese could no longer melt. Fry them for about 3 minutes. Remove the patties fried ham and cheese with a slotted spoon and depart them on paper towels to cast off extra oil.

Nutrition:

188 calories

16g total fats

11g protein

Roadhouse Green Beans

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 8

Ingredients

- 2 cans green beans (16 ounce), drained
- 1 tablespoon sugar
- 4 ounces bacon, diced (raw) or 4 ounces ham (cooked)
- 2 cups water
- 4 ounces onions, diced
- ½ teaspoon pepper

Directions

1. Thoroughly drain green beans using a colander; set aside. Combine pepper with sugar & water until incorporated well; set aside. Preheat your cooking pan over medium high heat.
2. Dice the cooked ham into equal size pieces using a cutting board and a knife. Place the diced onions and ham into the preheated cooking pan. Continue to stir the onions and ham using the large spoon until the onions are tender and the ham is lightly brown.
3. Once done; add the beans and liquid mixture. Using the rubber spatula; give the mixture a good stir until incorporated well. Let the mixture to boil then lower the heat to simmer. Serve the beans as soon as you are ready and enjoy.

Nutrition:

221 calories

16g total fats

4g protein

CHAPTER 2:

Lunch Recipes

Make-At-Home KFC Original Fried Chicken Dinner



Preparation Time: 20 minutes

Cooking Time: 40 minutes

Servings: 4

Ingredients

Spice mix:

- 1 tbsp. paprika
- 2 tsp. onion salt
- 1 tsp. chili powder
- 1 tsp. black pepper
- ½ tsp. celery salt
- ½ tsp. dried sage
- ½ tsp. garlic powder
- ½ tsp. allspice
- ½ tsp. dried oregano
- ½ tsp. dried basil

- ½ tsp. dried marjoram
- 1 chicken
- 2 quarts frying oil
- 1 egg white
- 1 ½ cups all-purpose flour
- 1 tbsp. brown sugar
- 1 tbsp. kosher salt

Directions

1. Cook oil in deep fryer to 350°F.
2. Incorporate ingredients for the spice mix. Mix flour, sugar, and salt.
3. Brush each chicken piece with egg white, then the flour breading.
4. Exchange to a plate and permit chicken to dry for around 5 minutes.
5. Cook breasts and wings together for 12 minutes. Repeat with legs and thighs.
6. Situate pieces onto a plate lined with paper towels.
7. Serve.

Nutrition:

418 Calories

22g Fat

15g Protein

Chicken McNuggets



Preparation Time: 25 minutes

Cooking Time: 15 minutes

Servings: 1

Ingredients:

- Vegetable oil
- 1 egg
- 1 cup water
- 2/3 cup all-purpose flour
- 1/3 cup tempura mix
- 2 teaspoons salt
- 1 teaspoon onion powder
- 1/2 teaspoon Accent®
- 1/4 teaspoon pepper
- 1/8 teaspoon garlic powder
- 4 chicken breast filets

Directions:

1. Beat the egg and after that combine it with 1 glass water in a little, shallow bowl. Blend. Combine the powder ingredients in a one-gallon estimate Zip Loc® sack. Smack each of the breast filets with a hammer until almost 1/4 inch thick. Trim each breast filet

into chomp measured pieces. Coat each piece with the flour blend by shaking within the Zip Loc® pack. Remove and dig each piece within the egg blend, coating well. At that point return each nugget to the flour/seasoning blend. Shake to coat. Put chunks, pack and all, within the cooler for at slightest an hour. Cover and refrigerate remaining egg blend. After solidifying, rehash the "coating" prepare. Preheat broiler and expansive cookie sheet to 375°

2. Profound sear the chicken McNuggets™ at 375° for 10-12 minutes or until light brown and firm. (Cook as it were around 9 at a time) Drain on paper towels 3-5 minutes. Place deep-fried pieces on preheated cookie sheet in broiler and heat another 5-7 minutes. Serve together with your favorite McDonald's plunging sauce

Nutrition:

302 Calories

20g Fat

16g Protein

Olive Garden Deep Fried Catfish



Preparation Time: 15 minutes

Cooking Time: 18 minutes

Servings: 4

Ingredients

- Batter
- 1 cup all-purpose flour
- 1 cup cornmeal
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 1 (12-ounce) bottle amber beer
- Other ingredients
- 4 catfish fillets, about 6 ounces each
- 1/2 teaspoon salt
- 1/2 teaspoon cracked black pepper
- 1 teaspoon garlic powder

- Juice of one lemon
- Lemon wedges, for serving
- Peanut or vegetable oil for frying

Directions

1. Preheat the deep fryer to 350°F.
2. To make the batter, combine the cornmeal, flour and baking powder and whisk well. Add the salt and cayenne pepper. Whisk until everything is well combined and slowly add in the beer, stirring well until you get a smooth mixture (about 2–3 minutes).
3. Slice the catfish fillets in strips and season with salt and pepper.
4. Sprinkle the garlic powder over the strips.
5. Dredge each strip through the batter, ensuring both sides are evenly coated.
6. Fry in batches until golden brown, being careful not to overcrowd the fryer.
7. Drain the fillets on paper towels and season with salt and pepper and lemon juice.
8. Side with lemon wedges.

Nutrition:

199 Calories

12g Fat

16g Protein

Longhorn's Parmesan Crusted Chicken



Preparation time: 10 minutes

Cooking time: 30 minutes

Serving: 4

Ingredients

- 4 chicken breasts, skinless
- 2 teaspoons salt
- 2 teaspoons ground black pepper
- 2 tablespoons avocado oil

For the Marinade:

- 1 tablespoon minced garlic
- ½ teaspoon ground black pepper
- 1 teaspoon lemon juice
- 3 tablespoons Worcestershire sauce
- 1 teaspoon white vinegar
- ½ cup avocado oil
- ½ cup ranch dressing

For the Parmesan Crust:

- 1 cup panko breadcrumbs
- 6 ounces parmesan cheese, chopped
- 5 tablespoons melted butter, unsalted

- 6 ounces provolone cheese, chopped
- 2 teaspoons garlic powder
- 6 tablespoons ranch salad dressing, low carb

Directions

1. Incorporate all of its ingredients in it until well combined.
2. Press down each chicken until $\frac{3}{4}$ -inch thick, then season well and situate chicken pieces to a large plastic bag.
3. Stir in the prepared marinade, seal the bag, flip it upside to coat chicken with it and chill for 30 minutes.
4. Using big skillet pan, situate it over medium-high heat, cook oil then pour in marinated chicken breast in it and cook for 10 minutes both sides
5. Situate chicken to a plate and repeat with the remaining chicken pieces.
6. Prep oven to 450F. Once cooked, prep the parmesan crust and for this, situate both cheeses in it. Stir in ranch dressing and milk, stir until mixed, and then microwave for 30 seconds.
7. Mix in cheese mixture again then continue microwaving for another 15 seconds.
8. Blend cheese mixture again, spread evenly on top of each chicken breast, situate them in a baking sheet then bake for 5 minutes.
9. Situate breadcrumbs in it, stir in garlic powder and butter in it.
10. After 5 minutes of baking, lay out breadcrumbs' mixture on top of the chicken then continue baking for 2 minutes. Serve with cauliflower mashed potatoes.

Nutrition:

557 Cal

42g Fats

31g Protein

Ihop's Spinach and Olives



Preparation Time: 5 minutes

Cooking Time: 20 minutes

Servings: 4

Ingredients:

- ½ cup tomato puree
- 4 cups spinach; torn
- 2 cups black olives, pitted and halved
- 3 celery stalks; chopped.
- 1 red bell pepper; chopped.
- 2 tomatoes; chopped.
- Salt and black pepper to taste.

Directions:

1. Put spinach in a huge bowl; sprinkle with garlic powder and hurl. Put shrimp in a bowl; sprinkle with dark pepper and toss. Heat oil in a skillet over medium-high warm. Include shrimp; cook and mix until shinning pink on the exterior and the meat is dark, around 5 minutes. Include spinach, cook and blend until fair shriveled, approximately 1 minute.

Nutrition:
193 Calories
6g Fat
6g Protein

Courgette Casserole



Preparation Time: 7 minutes

Cooking Time: 20 minutes

Servings: 4

Ingredients:

- 14 oz. cherry tomatoes; cubed
- 2 spring onions; chopped.
- 3 garlic cloves; minced
- 2 Courgette; sliced
- 2 celery sticks; sliced
- 1 yellow bell pepper; chopped.
- ½ cup mozzarella; shredded
- 1 tbsp. thyme; dried
- 1 tbsp. olive oil
- 1 tsp. smoked paprika

Directions:

1. Warm the oil in a huge broiling dish over a medium warm. Include the onion and cook for approximately 10 mins until relaxed and beginning to go brilliant brown. Include the garlic and cook for 5

mins more. Add the Courgette and cook for almost 5 mins until beginning to relax. Tip within the tomatoes and provide everything a great mix. Stew for 35-40 mins or until tomatoes are decreased and courgettes soft, at that point mix within the basil and Parmesan.

Nutrition:

245 Calories

12g Fat

11g Protein

Red lobster Chicken and Asparagus



Preparation Time: 5 minutes

Cooking Time: 20 minutes

Servings: 4

Ingredients:

- 4 chicken breasts, skinless; boneless and halved
- 1 bunch asparagus; trimmed and halved
- 1 tbsp. olive oil
- 1 tbsp. sweet paprika
- Salt and black pepper to taste.

Directions:

1. Begin by cooking the aromatics: I incorporate the regular onions, celery and carrots. Sauté those until they're fragrant and fork delicate but not as well soft. Add within the flavoring you're utilizing. I keep it straightforward with salt, pepper, garlic and oregano. Then include the tomatoes. I utilize a combination of diced canned tomatoes and tomato paste. Particle. But you'll too use fresh tomatoes and tomato sauce or any other variety to urge a tomato broth. Add vegetable broth, chicken broth or hamburger

broth and bring to a boil. Finally include the cabbage and cook until the cabbage shrivels, around 20 minutes.

Nutrition:

230 Calories

11g Fat

12g Protein

Basil Chicken Bites



Preparation Time: 10 minutes

Cooking Time: 25 minutes

Servings: 4

Ingredients:

- 1 ½ lb. chicken breasts, skinless; boneless and cubed
- ½ cup chicken stock
- ½ tsp. basil; dried
- 2 tsp. smoked paprika
- Salt and black pepper to taste.

Directions:

1. Combine ingredients in a huge bowl. Let marinate for 10 minutes. Heat oil in a deep-fryer or expansive pan to 400 degrees F (200 degrees C). Whisk egg in a little bowl until smooth. Pour tempura player blend into a moment little bowl. Plunge chicken pieces one at a time into the egg, at that point dig in tempura player blend, shaking off any abundance. Situate chicken pieces carefully into the hot oil in batches. Sear until chicken is brilliant brown, 5 to 8 minutes.
2. Serve chicken sprinkled with basil leaves, green onions, white pepper, and salt.

Nutrition:

223 Calories

12g Fat

13g Protein

BBQ Beef Brisket Sandwiches

Preparation Time: 15 minutes

Cooking Time: 9 hours and 5 minutes

Serving: 4

Ingredients

- 1 ½ lb. beef brisket
- 1 teaspoon celery salt
- 1 teaspoon of black pepper
- ½ cup Russian sauce
- ¾ teaspoon salt, or to taste
- ½ teaspoon garlic powder
- ½ teaspoon onion salt
- 1 teaspoon Worcestershire sauce
- ½ cup of barbecue sauce, walnut flavored

Directions

1. Combine celery salt, salt, black pepper, garlic, and onion salt in a clean small bowl; add Worcestershire sauce;
2. Spread the mixture over the ox breast; transfer to a slow cooker;
3. Cook over low heat until meat is tender, about 8 hours;
4. Transfer the cooked tender meat to a cutting board; shred in small pieces using two forks;
5. Measure ½ cup of the slow cooker in a saucepan. Mix Russian sauce and barbecue sauce; let it boil;
6. Combine the meat mixture and grated sauce in a slow cooker;
7. Cook over low heat until the flavors combine, about 1 hour.

Nutrition:

36g Carbohydrates

4g Fat

106 Calories

Taco Bell Mongolian Meat

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Serving: 4

Ingredients

- 1 lb. flank steak
- ¼ cup cornstarch
- ¼ cup canola oil
- 2 teaspoons fresh ginger, chopped
- 1 tablespoon garlic, chopped
- 1/3 Cup soy sauce, low sodium
- 1/3 Cup of water
- ½ cup dark brown sugar
- 4 green onion stalks, only green parts, cut into 2" pieces

Directions

1. Slice flank steak against the grain along the ¼" reflection pieces and add it to a zippered pouch with cornstarch;
2. Press the steak into the bag, making sure that each piece is completely covered with cornstarch and let it rest;
3. Add canola oil to a considerable large skillet and heat over medium-high heat;
4. Add the steak, shaking off the excess cornstarch, to the pan in a single layer, and cook per side for 1 minute;
5. If you have to cook the steak in batches because your pan is not big enough, make it instead of cluttering it, you want to have a good grip on the steak and fill the pot with steam instead of burning;
6. When the steak is cooked, remove it from the pan;
7. Stir in chopped ginger and garlic to the pan and sauté for 10-15 seconds;
8. Add the water, soy sauce, and dark brown sugar to the pan and cook it to a boil;
9. Add the steak and let the sauce thicken for 20 to 30 seconds;
10. The corn starch we use in the steak should thicken the sauce. If you realize that it is not thickening enough, add 1 tablespoon of corn starch to 1 tbsp. of cold water and stir to break

up the corn starch and include it to the skillet;

11. Add the green onion, stir to combine, and cook for nearly 20 to 30 seconds;

12. Serve fresh immediately.

Nutrition:

143 calories

26g protein

4g fat

Parmesan Chicken by Panda Express

Preparation Time: 25 minutes

Cooking Time: 35 minutes

Serving: 4

Ingredients

- 4 boneless, skinless chicken breast halves
- Salt and black pepper to taste
- 2 eggs
- 1 cup panko breadcrumbs
- ½ cup of parmesan, grated
- 2 tablespoons of wheat flour
- 1 cup of cooking oil, for cooking
- ½ cup of tomato sauce
- ¼ cup fresh mozzarella, diced
- ¼ cup fresh basil, chopped
- ½ cup provolone cheese, grated
- ¼ cup of parmesan, grated
- 1 tablespoon of olive oil

Directions

1. Preheat an oven to 450° F;
2. The chicken breasts should be placed between two sheets of thick plastic (the resalable freezer bags work well) on a stable, level surface. Firmly grind the chicken with the smooth side of a meat mallet to a thickness of ½";
3. Season the chicken carefully with salt and pepper;
4. Beat the eggs in a considerable shallow bowl and set aside;
5. Mix breadcrumbs and ½ cup parmesan in another bowl, set aside;
6. Put the flour in a sieve; sprinkle over chicken breasts, evenly covering both sides;
7. Dip the floured chicken breast in the eggs, beaten;
8. Transfer the breast to the breadcrumb mixture by pressing the crumbs on both sides;
9. Repeat the procedure for each breast - reserve breaded chicken breasts for about 15 minutes;
10. Heat 1 cup of oil in a large skillet over medium-

high heat until it begins to shine;

11. Cook the chicken for 4 minutes both sides. The chicken will finish roasting;

12. Set the chicken in an ovenproof dish and decorate each breast with approximately 1/3 cup of tomato sauce;

13. Layer each chicken breast with equivalent measures of mozzarella cheese, fresh basil, and provolone cheese;

14. Sprinkle 1-2 tablespoons of Parmesan cheese on top and sprinkle with 1 tablespoon of olive oil;

15. Bake well in a preheated oven until the cheese is golden and bubbly, and the chicken breasts are no longer pink in color in the center, 15 to 20 minutes. An instant-read thermometer inserted in the center must read at least 165° F.

Nutrition:

205 calories

14g protein

10g fat

Pei Wei's Asian Diner Caramel Chicken

Preparation Time: 20 minutes

Cooking Time: 55 minutes

Servings: 6

Ingredients

- 1 cup sugar
- ¼ cup water
- ¾ cup reduced-sodium chicken broth
- 3 tablespoons fish sauce
- 2 tablespoons soy sauce
- 1 whole chicken, cut in 10 pieces
- 1 teaspoon salt
- 2 tablespoons vegetable oil and more, if needed
- ¼ cup fresh ginger, chopped
- 2 tablespoons fresh garlic, chopped
- ½ large red onion, chopped
- 2 tablespoons jalapenos, chopped
- 1 English cucumber, sliced then julienned
- ½ red bell pepper, julienned lengthwise
- 1 carrot, cut diagonally
- 2 green onions, chopped
- ½ cup pineapple chunks
- ¼ cup fresh mint, chopped
- ¼ cup fresh cilantro, chopped
- ¼ cup fresh basil, chopped
- Cooked rice or rice vermicelli for serving
- Vietnamese vinaigrette
- ½ cup lime juice, plus wedges for serving
- ¼ cup light brown sugar
- 2 tablespoons Vietnamese fish sauce
- ½ teaspoon toasted sesame oil
- 4 teaspoons vegetable oil

Directions

1. Preheat oven to 325°F. Combine sugar and water in a deep sauce pot. Bring to a boil and simmer until the sugar turns a dark caramel

color.

2. Pour in chicken broth and continue stirring over low heat until the sugar dissolves. Mix in fish sauce and soy sauce. Set aside.
3. Combine the Vietnamese vinaigrette ingredients in a medium bowl and stir in cucumbers, red bell peppers and carrots. Marinate until ready to use. Season the chicken pieces with the salt.
4. Cook vegetable oil in a big Dutch oven and brown the chicken pieces on all sides. Putt aside. In the same pan, with the extra vegetable oil if needed, sauté the ginger, garlic, red onion and jalapeno at medium heat for 4–5 minutes.
5. Add the browned chicken pieces and the caramel sauce to the Dutch oven, turning the chicken in the caramel broth to coat all sides. Arrange the chicken so it is all submerged in the sauce as much as possible and boil.
6. Cover then situate in the oven and braise for 35–45 minutes. While cooking, assemble the green onion, pineapple chunks and the other herbs and set aside.
7. Sprinkle green onions and pineapple chunks and stir well. Serve the chicken over rice or rice vermicelli. Top with a portion of Vietnamese vinaigrette slaw.

Nutrition:

697 calories

12g fats

32g protein

Pei Wei's Chicken Pad Thai

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 4 - 6

Ingredients

- ½ cup low-fat coconut milk
- 6 tablespoons creamy peanut butter
- ¼ cup light soy sauce
- ¼ cup lime juice
- ½ tablespoon rice wine vinegar
- 2 tablespoons brown sugar
- 2 teaspoons grated ginger
- ½ teaspoon red pepper flakes
- Chicken stir-fry
- ½ tablespoon canola oil
- ½ tablespoon dark sesame oil
- 1–2 teaspoons curry powder (optional)
- 1-pound chicken breast, cut into bite-sized pieces
- 6–8 ounces frozen sugar snap peas
- 1 medium onion, chopped
- 2 cloves garlic, minced
- ½ pound cooked rice noodles or long thin pasta
- Garnish
- ¼ cup lightly salted dry roasted peanuts, chopped
- Cilantro

Directions

1. Incorporate all of the sauce ingredients in a mixing bowl. Combine well, then set aside. Cook the noodles following the package directions. Set aside. Cook canola oil and sesame oil in a large skillet over medium-high heat. When hot, add the chicken and stir. Cook for 5 minutes, then mix in the garlic.
2. When the chicken is completely cooked through, add the peas and cook a bit longer to heat the peas through. Stir in the sauce and make sure the chicken is evenly coated. Add the cooked noodles and stir to make sure everything is covered in the sauce. Serve with

cilantro and top with chopped peanuts.

Nutrition:

612 calories

10g fats

33g protein

Chicken with Buttermilk

Preparation Time: 30 minutes

Cooking Time: 2 hours

Serving: 4

Difficulty Level: Intermediate

Ingredients

- Marinade
- ½ cup buttermilk –
- ½ teaspoon of red pepper
- ¼ teaspoon of salt
- ½ clove of garlic, chopped
- Chicken
- 2 lbs. of boneless, skinless chicken breast
- 1/3 Cup of wheat flour
- 1 tablespoon of cornstarch
- ½ teaspoon of dried thyme
- ½ teaspoon of paprika ground
- Frying Oil

Directions

1. Set the chicken pieces in a large reusable food storage bag. Add all the ingredients for the marinade and refrigerate for at least 2 hours or overnight to marinate;
2. In a pie dish, mix the flour and all other chicken ingredients except oil. Heat about ½" of oil in a 12" skillet over medium-high heat;
3. Remove the chicken pieces from the marinade, some at a time, allowing the excess to drain;
4. Wrap the chicken in the flour mixture until it is well coated;
5. Add the chicken to the hot oil in a pan, a few pieces simultaneously
6. Cook at medium-high heat for 10 minutes. Discard the marinade
7. Discover the pot. Flip the chicken over. Cook for 5 to 8 minutes more. Drain the chicken over several layers of paper towels;
8. Serve hot or refrigerate and serve cold.

Nutrition:

27g fat

29g protein
225 calories

Pulled Pork Sandwich

Preparation Time: 45 minutes

Cooking Time: 6 hours

Servings: 4

Ingredients

Pork

- 6 tablespoons of paprika
- 3 tablespoons sugar, granulated
- 1 tablespoon of onion powder
- Salt and black pepper, ground, to taste
- 1 (10-12 lbs.) boneless pork shoulder, washed and dried
- 12 sweet hamburger buns, cut in half
- Coleslaw, to serve
- Barbecue sauce
- 2 cups of ketchup
- ¼ cup lightly packaged brown sugar
- ¼ cup sugar, granulated
- Black pepper, ground, to taste
- 1 ½ teaspoon onion powder, granulated
- 1 ½ teaspoon mustard powder
- 2 tablespoons lemon juice
- 2 tablespoons Worcestershire sauce
- ½ cup apple cider vinegar
- 2 tablespoons light corn syrup

Directions

1. If using a gas grill, preheat on one side;
2. Place the wood chips soaked in a smoking box. After smoking, reduce the heat to maintain a temperature of 275° F and grill the pork, covered, at the cooler side of the gas grill;
3. Combine the paprika, sugar and onion powder in a bowl;
4. Transfer 3 tablespoons of seasoning to a separate bowl, add 2 tablespoons of salt and 3 tablespoons of pepper and massage over the pork;
5. Carefully cover with plastic wrap and cool in a refrigerator for at least 2 hours or more (reserve the remaining barbecue seasoning);

6. Immerse 6 cups of wood chips in water, about 15 minutes, then drain. Do not immerse not too much; otherwise, the wood will go out of the fire;
7. Fill a smoker or kettle with charcoal and light. When the coals are becoming white, spread them out with tongs - spread ½ cup of wood chips over the grill coals (use 1 cup for grilling). The grill temperature should be around 275° F;
8. Set the fat pork face down on a grill in the smoker or on the grill;
9. Carefully cover and cook, turning the pork every hour or so until a thermometer inserted in the center records 165° F, about 6 hours in total;
 10. While the pork is cooking, add more charcoal and wood chips to keep the temperature between 250° F and 275° F and maintain the smoke level;
 11. Meanwhile, whisk the ketchup, 1 cup of water, the 2 sugars, 1 ½ teaspoons of pepper, onion and mustard powder, lemon juice, Worcestershire sauce, vinegar, syrup of corn and 1 tablespoon of barbecue seasoning reserved in a pan over high heat;
 12. Heat to the point of boiling, stirring, then low the heat and cook, uncovered, occasionally stirring, at least 2 hours;
 13. Transfer the pork to a roasting pan (you'll want to pick up all the delicious juices) and let it sit until its cold enough to handle;
 14. Undo it in small pieces, stack it on a platter and pour the juice from the pan on top;
 15. Mount the pork on the bottom of the cake, paint with a little barbecue sauce, top it with coleslaw and cover with the top cake. The best sandwich ever!

Nutrition:

32g Carbohydrates

9g Fat

243 Calories

Ihop's Mud Pie

Preparation time: 30 minutes

Cooking Time: 15 minutes

Servings: 4

Ingredients

- ½ cup flour, all-purpose
- ½ cup chopped walnuts
- ¼ cup butter, softened
- ½ packet (3 oz.) of instant chocolate pudding mix
- ½ packet of cream cheese, softened
- ½ cup icing sugar
- ½ container (8 oz.) of frozen frosting
- Pecans and grated chocolate, to serve

Directions

1. Set the oven's temperature to exactly 350° F;
2. In a suitably large bowl, beat the flour, nuts, and butter until well combined;
3. Press the bottom of a 13X9" baking tray. Cook until golden brown, about 15 minutes;
4. Remove on a wire rack.
5. Create chocolate pudding following the package directions; let it sit and stand for 5 minutes.
6. Scourge cream cheese and sugar until smooth. Mix 1 cup of beaten frosting;
7. Spread the prepared cream cheese mixture on the cooled crust;
8. Spread the pudding on the cream cheese layer;
9. Decorate with the rest of the beaten frosting;
10. Decorate with additional chocolate chips and nuts if desired.

Nutrition:

20g Fat

6g Protein

146 Calories

Shrimp Scampi

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 4

Ingredients:

- 1–2 pounds fresh shrimp, cleaned, deveined, and butterflied
- 1 cup milk
- 3 tablespoons olive oil
- ½ cup all-purpose flour
- 4 tablespoons Parmesan cheese, divided
- ¼ teaspoon salt
- ½ teaspoon fresh ground black pepper
- ¼ teaspoon cayenne pepper
- 6–8 whole garlic cloves
- 1 cup dry white wine
- 2 cups heavy cream
- 5–7 leaves fresh basil, cut into strips
- 1 diced tomato
- 2 tablespoons Parmesan cheese, finely grated
- 1 shallot, diced
- 1-pound angel hair pasta, cooked (hot)
- Parsley, to garnish

Directions:

1. Put the shrimp in the milk and let it sit.
2. In a shallow bowl, combine the flour, 2 tablespoons of Parmesan, salt, pepper, and cayenne.
3. Fill in olive oil in a big skillet, making sure it's enough to cover the bottom. Heat over medium-high heat.
4. Take the shrimp from the milk and dredge in flour mixture. Transfer it to the skillet and cook about 2 minutes on each side. After the shrimp cooks, transfer it to a plate covered with a paper towel to drain.
5. Set heat to medium-low and cook the garlic in the leftover oil.
6. Once the garlic cooked, pour in the wine. Adjust heat and bring the mixture to a boil, then reduce the heat and simmer to reduce liquid

to about half of the original volume.

7. Add the cream and simmer for about 10 more minutes, then add the basil, tomato, cheese, and shallots. Stir to combine.
8. Add the shrimp to the skillet and remove it from the heat.
9. Arrange the pasta on serving plates, topped with shrimp and covered with sauce. Garnish with parsley.

Nutrition:

454 Calories

54g Fat

41g Protein

Chicken Alfredo

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

Ingredients

- ¾ pound fettuccine pasta
- 2 tablespoons olive oil
- ½ cup + 2 tablespoons butter (divided)
- 2 boneless skinless chicken breasts
- 1½ teaspoons salt (divided)
- 1½ teaspoons fresh ground pepper (divided)
- 3 cloves garlic, very finely chopped
- 1½ tablespoons flour
- 2 cups heavy cream
- ¾ cup grated parmesan
- 2 tablespoons parsley

Directions

1. Cook pasta according to package instructions. Drain and set aside. Cook oil in a cast iron grill pan over high heat. Add 2 tablespoons of butter to the pan and then add the chicken breasts. Season the chicken breasts well.
2. Cook the first side until golden brown. Flip, cover the pan, and reduce the heat to medium. Cook until the chicken is cooked thoroughly. Set aside and cover in foil. Once cooled, cut into strips.
3. Cook remaining butter over medium heat in a big, deep skillet. Add garlic and cook for about 30 seconds. Reduce to medium-low heat and season with remaining salt and pepper. Add flour, whisking constantly to break up any chunks. Slowly pour the cream into the mixture. Cook until sauce is slightly thickened.
4. Stir in the parmesan until smooth. Remove from heat and set aside. Serve by tossing the pasta with the alfredo sauce. Place chicken on top and garnish with fresh parsley and parmesan, if desired.

Nutrition:

431 calories

6g carbohydrates

35g protein

Parmesan Crusted Chicken

Preparation Time: 15 minutes

Cooking Time: 40 minutes

Servings: 4

Ingredients

- Breading
- 1 cup plain breadcrumbs
- 2 tablespoons flour
- ¼ cup grated parmesan cheese
- For dipping
- 1 cup milk
- Chicken
- 2 chicken breasts
- Vegetable oil for frying
- 2 cups cooked linguini pasta
- 2 tablespoons butter
- 3 tablespoons olive oil
- 2 teaspoons crushed garlic
- ½ cup white wine
- ¼ cup water
- 2 tablespoons flour
- ¾ cup half-and-half
- ¼ cup sour cream
- ½ teaspoon salt
- 1 teaspoon fresh flat leaf parsley, finely diced
- ¾ cup mild Asiago cheese, finely grated
- Garnish
- 1 Roma tomato, diced
- Grated parmesan cheese
- Fresh flat leaf parsley, finely chopped

Directions

1. Pound the chicken until it flattens to ½ inch thick. Mix the breading ingredients in one shallow bowl and place the milk in another. Heat some oil over medium to medium-to-low heat.
2. Dip the chicken in the breading, then the milk, then the breading

again. Immediately place into the heated oil. Cook the chicken in the oil until golden brown, about 3-4 minutes per side. Remove the chicken and set aside on a plate lined with paper towels.

3. Create a roux by adding flour to heated olive oil and butter over medium heat. When the roux is done, add the garlic, water, and salt to the pan and stir. Add the wine and continue stirring and cooking.
4. Add the half-and-half and sour cream and stir some more. Add the cheese and let it melt. Finally, add in the parsley and remove from heat. Add pasta and stir to coat.
5. Divide the hot pasta between serving plates. Top each dish with the chicken, diced tomatoes, and parmesan cheese before serving.

Nutrition:

481 calories

7.6g carbohydrates

31g protein

Chicken Giardino

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 4

Ingredients

- Sauce
 - 1 tablespoon butter
 - ¼ teaspoon dried thyme
 - ½ teaspoon fresh rosemary, finely chopped
 - 1 teaspoon garlic pepper seasoning
 - 1 tablespoon cornstarch
 - ¼ cup chicken broth
 - ¼ cup water
 - ¼ cup white wine
 - 1 tablespoon milk
 - 1 teaspoon lemon juice
 - Salt and pepper
- Chicken
 - 2 pounds boneless skinless chicken breasts
- ¼ cup extra virgin olive oil
- 2 small rosemary sprigs
- 1 clove garlic, finely minced
- Juice of ½ lemon
- Vegetables
 - ¼ cup extra-virgin olive oil
 - ½ bunch fresh asparagus (remove bottom inch of stem, cut remainder into 1-inch pieces)
 - 1 zucchini, julienned
 - 1 summer squash, julienned
 - 2 roma tomatoes, cut into ½-inch pieces
 - ½ red bell pepper, julienned
 - 1 cup broccoli florets, blanched
 - ½ cup frozen peas
 - 1 cup spinach, cut into ½-inch pieces
 - ½ cup carrot, julienned

- 1-pound farfalle pasta (bow ties)

Directions

1. Using a saucepan, cook butter over medium heat. Add the thyme, garlic, pepper, and rosemary. Whisk together and cook for 1 minute. In a mixing bowl, mix together the chicken broth, water, wine, milk, and lemon juice. Slowly pour in the cornstarch and whisk constantly until it has dissolved.
2. Pour the mixture into the saucepan. Whisk well and then bring to a boil. Season with salt and pepper to taste, then remove from heat.
3. Prepare the chicken by cutting into strips width-wise. In a mixing bowl, combine the olive oil, rosemary, garlic, and lemon juice. Marinate the chicken for 30 minutes.
4. Heat ¼ cup of olive oil over medium-high heat in a saucepan. Cook the chicken strips until internal temperature is 165°F. Add the vegetables to the saucepan and sauté until cooked. Prepare the pasta according to package instructions. Drain. Add the pasta and pasta sauce to the sauté pan.
5. Toss to coat pasta and chicken in sauce thoroughly. Serve.

Nutrition:

481 calories

6.5g carbohydrates

30g protein

Chicken and Sausage Mixed Grill

Preparation Time: 10 minutes

Cooking Time: 35 minutes

Servings: 4

Ingredients

- Marinade
 - 2 teaspoons red pepper oil
 - 2 tablespoons fresh rosemary, chopped
 - ½ cup fresh lemon juice
 - 1 teaspoon salt
 - 3 bay leaves, broken into pieces
 - 2 large garlic cloves, pressed
 - ¼ cup extra-virgin olive oil
 - Freshly shredded parmesan cheese, for serving
- Skewers
- 3 lemons
- 2 pounds skinless, boneless chicken breasts
- 1-pound Italian sausage links, mild
- 1-pint cherry tomatoes
- 2 rosemary sprigs

Directions

1. To make the marinade, mix pepper oil, rosemary, lemon juice, salt, bay leaves and pressed garlic in a baking dish. Cut the chicken breasts in half lengthwise. Pierce each chicken piece with a skewer and thread through. Add a cherry tomato at the end of the skewer. Coat each skewer with the marinade. Chill for at least 3 hours.
2. Preheat oven to 350°F. Bake sausage for 20 minutes. Let cool, then cut into 3 pieces. Grill chicken until completely cooked. Place sausages on skewers. Grill. Serve by garnishing with rosemary, lemon, and cherry tomatoes on a platter. Sprinkle with freshly shredded parmesan, if desired.

Nutrition:

469 calories

7g carbohydrates

32g protein

PF Chang's Chicken Fried Rice

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

Ingredients

- 2 cups prepared rice
- ½ cup frozen mixed vegetables
- 2 green onions, chopped
- 1 chicken breast seasoned with salt & pepper
- 1 clove garlic, minced
- 1 egg
- 3 teaspoons sesame or wok oil, divided
- 2 tablespoons soy sauce

Directions

1. Scourge egg and 1 teaspoon of oil. Using a wok, cook another teaspoon of the oil and cook the chicken until done. Remove from skillet and set aside.
2. Pour in last teaspoon of oil to the skillet and stir in the mixed vegetables and green onions. Cook and stir until hot and tender. Mix in garlic and cook until fragrant. Using a spatula or spoon, move the vegetables to one side. Stir in egg mixture and scramble until cooked, then add the chicken and stir until it is all combined.

Nutrition:

641 calories

9g fats

34g protein

Chicken Gnocchi Veronese

Preparation Time: 20 minutes

Cooking Time: 25 minutes

Servings: 4

Ingredients

- ¼ cup extra-virgin olive oil
- 1 small Vidalia onion, chopped
- 1 red bell pepper, julienned
- ½ zucchini, julienned
- Salt to taste
- 4 chicken breasts, sliced in ½-inch strips
- 2 small sprigs rosemary
- 1 glove garlic, minced
- Juice of ½ lemon
- Veronese Sauce
- 1 cup parmesan cheese, grated
- ½ cup ricotta cheese
- 14 ounces heavy cream
- Gnocchi
- 2 quarts water
- 1 1/3 cups all-purpose flour
- 2 eggs
- 2 pounds russet potatoes
- 2 teaspoons salt
- or
- 1-pound gnocchi (potato dumplings), cooked according to package directions

Directions

1. If using pre-made gnocchi, cook according to package instructions. If not, begin by washing potatoes and placing them in water. Cook potatoes until soft. Remove water and cool in the refrigerator. Once cooled, peel and push potatoes through a fine grater or rice grater.
2. Incorporate potatoes and eggs. Slowly add flour until the dough does not stick to your hands. Divide dough into four. Roll each section into a long rope. Cut into ½-inch pieces, then create

impressions by gently pushing a fork into the gnocchi.

3. Fill in water into a pot and bring to a boil. Add gnocchi and cook until they begin to float. Using a mixing bowl, stir in the garlic, lemon juice, rosemary, and chicken slices. Marinate for 2 hours. In another bowl, mix the parmesan cheese, ricotta cheese, and heavy cream.
4. Heat the olive oil in a sauté pan over medium-high heat. Add the onion, bell peppers and zucchini. Sauté until the onion is translucent. Sauté chicken to the sauté pan and cook until brown. Reduce heat and add the sauce. Simmer. Mix in gnocchi and toss to coat in the sauce. Serve with additional parmesan cheese, if desired.

Nutrition:

521 calories

5.9g carbohydrates 31g protein

Chicken Parmigiana

Preparation Time: 20 minutes

Cooking Time: 25 minutes

Servings: 4

Ingredients

- 4 boneless, skinless chicken breasts (½ pound each)
- 2 cups flour
- ½ quart milk
- 4 eggs
- 3 cups Italian breadcrumbs
- ½ cup marinara sauce
- 1 cup mozzarella cheese
- ½ cup vegetable oil
- Parsley (to garnish)
- Cooked pasta with marinara sauce to serve

Directions

1. Put flour in a bowl. In another bowl, mix milk and eggs together. In a third bowl, place breadcrumbs. Place chicken breasts between plastic wrap and pound to about ¼ inch in thickness. Season with salt and pepper.
2. Place chicken in flour, coating all sides. Dip into egg wash then bread crumbs, coating each side evenly. Preheat oven to broil. In a cast iron pan, heat oil over medium heat. Fry both side of the chicken for 10 minutes. Drain on paper towels.
3. Place chicken on a baking dish. Top with marinara sauce and mozzarella cheese. Place in oven until cheese is melted. Garnish with parsley. Serve with a side of marinara pasta, if desired.

Nutrition:

489 calories

6.7g carbohydrates

34g protein

Pei Wei's Sesame Chicken

Preparation Time: 20 minutes

Cooking Time: 15 minutes

Servings: 4 - 6

Ingredients

- Sauce
- ½ cup soy sauce
- 2½ tablespoons hoisin sauce
- ½ cup sugar
- ¼ cup white vinegar
- 2½ tablespoons rice wine
- 2½ tablespoons chicken broth
- Pinch of white pepper
- 1¼ tablespoons orange zest
- Breaded chicken
- 2 pounds boneless skinless chicken breasts
- ¼ cup cornstarch
- ½ cup flour
- 1 egg
- 2 cups milk
- Pinch of white pepper
- Pinch of salt
- 1-quart vegetable oil
- ½ red bell pepper, chunked
- ½ white onion, chunked
- 1 tablespoon Asian chili sauce
- ½ tablespoon ginger, minced
- ¼ cup scallions, white part only, cut into rings
- 1 tablespoon sesame oil
- 1 tablespoon cornstarch
- 1 tablespoon water
- Sesame seeds for garnish

Directions

1. Prep the sauce by mixing all of the ingredients together in a small saucepan. Bring to a simmer, then remove from the heat and set

aside. Scourge eggs, milk, salt and pepper together in a shallow dish.

2. Mix the $\frac{1}{4}$ cup of cornstarch and flour together in a separate shallow dish. Soak chicken pieces in the egg mixture and then in the cornstarch/flour mixture. Shake off any excess, then set aside. Cook the vegetable oil over medium-high heat in a deep skillet or saucepan.
3. When hot, drop the coated chicken into the oil and cook for about 2–4 minutes. Remove from oil and place on a paper-towel-lined plate to drain. Make a slurry out of the 1 tablespoon of cornstarch and water.
4. In a different large skillet or wok, heat 1 tablespoon of sesame oil until hot. Add the ginger and chili sauce and heat for about 10 seconds. Cook peppers and onions for another 30 seconds. Stir in the chili sauce and ginger and the sauce you made earlier and bring to a boil. Once it boils, stir in the cornstarch slurry and cook until the sauce thickens.
5. When the sauce is thick, add the chicken and stir to coat. Serve with rice, and season with sesame seeds.

Nutrition:

691 calories

10g fats

31g protein

Chicken and Shrimp Carbonara

Preparation Time: 35 minutes

Cooking Time: 40 minutes

Servings: 8

Ingredients

- Shrimp Marinade
- ¼ cup extra virgin olive oil
- ½ cup water
- 2 teaspoons Italian seasoning
- 1 tablespoon minced garlic
- Chicken
- 4 boneless and skinless chicken breasts cubed
- 1 egg mixed with 1 tablespoon cold water
- ½ cup panko bread crumbs
- ½ cup all-purpose flour
- ½ teaspoon salt
- ½ teaspoon black pepper
- 2 tablespoons olive oil
- Carbonara sauce
- ½ cup butter (1 stick)
- 3 tablespoons all-purpose flour
- ½ cup parmesan cheese, grated
- 2 cups heavy cream
- 2 cups milk
- 8 Canadian bacon slices, diced finely
- ¾ cup roasted red peppers, diced
- Pasta
- 1 teaspoon salt
- 14 ounces spaghetti or bucatini pasta (1 package)
- Water to cook the pasta
- Shrimp
- ½ pound fresh medium shrimp, deveined and peeled
- 1-2 tablespoons olive oil for cooking

Direction

1. Incorporate all the marinade ingredients together in a re-sealable

container or bag and add the shrimp. Refrigerate for at least 30 minutes.

2. To make the chicken, mix the flour, salt, pepper, and panko bread crumbs into a shallow dish. Scourge egg with 1 tablespoon of cold water in a second shallow dish. Dip the chicken into the breadcrumb mix and after in the egg wash, and again in the breadcrumb mix. Place on a plate and let rest until all the chicken is prepared.
3. Warm the olive oil over medium heat in a deep large skillet. Working in batches, add the chicken. Cook for 12 minutes on both sides. Situate the cooked chicken tenders on a plate lined with paper towels to absorb excess oil.
4. To make the pasta, add water to a large pot and bring to a boil. Sprinkle salt and cook the pasta according to package instructions about 10-15 minutes before the sauce is ready.
5. To make the shrimp, while the pasta is cooking, add olive oil to a skillet. Remove the shrimp from the marinate and shake off the excess marinade. Cook the shrimp for 2-3 minutes.
6. To make the Carbonara sauce, in a large deep skillet, sauté the Canadian bacon with a bit of butter for 3-4 minutes over medium heat or until the bacon starts to caramelize. Add the garlic and sauté for 1 more minute. Remove bacon and garlic and set aside.
7. In the same skillet, let the butter melt and mix-in the flour. Slowly stir in the cream and milk and whisk until the sauce thickens. Add the cheese.
8. Decrease the heat to a simmer and keep the mixture simmering while you prepare the rest of the ingredients.
9. Mix in drained pasta, bacon bits, and roasted red peppers to the sauce. Stir to coat. Add pasta evenly to each serving plate. Top with some chicken and shrimp. Garnish with fresh parsley Serve with fresh shredded Romano or Parmesan cheese

Nutrition:

488 calories

6.7g carbohydrates

33g proteins

Chicken Margherita

Preparation Time: 35 minutes

Cooking Time: 25 minutes

Servings: 6

Ingredients

- Chicken
- 6 (4-ounce) boneless chicken breasts
- 2 cups water
- ¼ cup salt
- ¼ cup sugar
- Pesto
- 2 cups fresh basil
- 1 clove garlic
- 2 tablespoons pecorino Romano cheese, grated
- 3–4 tablespoons extra-virgin olive oil
- 1 tablespoon pine nuts (optional)
- Lemon garlic sauce
- 2 tablespoons butter
- 2 cloves garlic, minced
- 1 tablespoon all-purpose flour
- 1 tablespoon lemon juice
- ½ cup low-sodium chicken broth
- Chicken Margherita assembly
- 6 (4-ounce) grilled boneless chicken breasts
- ½ cup prepared pesto
- 1 cup grape tomatoes, halved
- 6 ounces fresh mozzarella, sliced
- ½ cup prepared lemon garlic sauce
- Freshly shredded parmesan cheese, for garnish

Directions

1. In a Ziploc bag, combine the water, salt, and sugar. Mix well. Add the chicken and refrigerate for at least 2 hours.
2. Grill chicken until cooked thoroughly. Set aside. Incorporate all pesto ingredients in a food processor to achieve a smooth consistency. Add 1 tablespoon of oil, if needed. Chill sealed

container until ready to use.

3. To make the lemon garlic sauce, melt the butter in a small saucepan. Add garlic and sauté for 1 minute. Slowly add some flour and stir well. Add fresh lemon juice and chicken broth. Stir for about 3–5 minutes until the sauce begins to thicken. Keep refrigerated.
4. To assemble the Chicken Margherita, preheat oven to 425°F. Move the grilled chicken to a baking dish and top with mozzarella cheese, pesto and halved grape tomatoes.
5. Pour the lemon garlic sauce on top. Bake until cheese melts, about 10–15 minutes. Drizzle with freshly grated parmesan cheese, if desired.

Nutrition:

469 calories

6.3g carbohydrates

31g protein

Steak Gorgonzola Alfredo

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 6

Ingredients

- 18 ounces rib eye or sirloin steak, cut into 2–3-inch medallions
- 1-pound fettuccine
- 4 cups baby spinach
- ½ cup sun-dried tomatoes, chopped
- ½ cup gorgonzola cheese, crumbled
- Balsamic glaze (or aged balsamic), as desired
- Alfredo sauce
- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 2 cups heavy cream
- ½ cup pecorino romano cheese, grated

Directions

1. First, make the alfredo sauce. Using a saucepan, cook butter over medium heat. Slowly add the flour, whisking frequently. Add the heavy cream and grated cheese. Continue to whisk until thickened.
2. Cook fettuccine according to package directions. Drain and set aside. Grill the steak to preference in a skillet. Set aside. Place the alfredo sauce in a pot and heat on low. Add the pasta and spinach. Continue to stir until the spinach wilts. Remove from heat.
3. Place the sun-dried tomatoes, gorgonzola cheese and steak on top of the pasta. Drizzle with balsamic glaze. Serve.

Nutrition:

497 calories

7.9g carbohydrates

32g protein

PF Chang's Ginger Chicken with Broccoli

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 4

Ingredients

- ½ cup egg substitute or beaten eggs
- ¼ teaspoon white pepper
- ¼ teaspoon salt
- 1-pound boneless, skinless chicken breasts, sliced
- Stir-fry sauce
- ½ cup soy sauce
- 2 tablespoons rice wine vinegar
- 1 tablespoon sugar
- ½ cup chicken broth
- 3 cups chicken broth
- ½ pound broccoli florets
- 2 tablespoons butter
- 2 tablespoons ginger, freshly minced
- 2 tablespoons green onion, minced
- 1 teaspoon garlic, minced
- ¼ cup cornstarch
- 1 teaspoon sesame oil

Directions

1. In a resealable bag, combine the eggs or egg substitute, salt and pepper. Add the chicken pieces and seal. Chill for at least 3 hours. When ready to use, discard the marinade. Incorporate all of the ingredients for the stir-fry sauce in a mixing bowl. Mix well and set aside.
2. Add the 3 cups of chicken broth to a large skillet or wok and bring to a boil. Reduce heat to maintain a simmer. Stir in chicken and cook until almost done, then remove from the pot.
3. Add the broccoli to the broth and cook until tender. Then drain the broth and transfer the broccoli to a plate. Add the butter to the skillet and heat over medium heat. When melted, stir in the ginger, green onion and garlic and cook until the garlic is fragrant.

4. Return them to the skillet and cook until done, about 5 minutes.
5. Thicken the broth with a slurry made from the cornstarch and $\frac{1}{2}$ cup of water. Cook until the sauce thickens. Serve the chicken over rice and broccoli.

Nutrition:

623 calories

11g fats

29g protein

Pei Wei's Spicy Chicken

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 4

Ingredients

- 2 boneless skinless chicken breasts
- 1½ cups sliced carrots
- 1½ cups sugar snap peas
- 3 cups vegetable oil for frying
- Batter
- 1½ cups flour
- 1½ teaspoons salt
- 1½ teaspoons baking soda
- 2 eggs
- 2/3 cup milk
- 2/3 cup water
- Sauce
- 3 teaspoons vegetable oil
- 3 tablespoons minced garlic
- ¼ cup green onion, chopped, white parts only
- 1½ cups pineapple juice
- 3 teaspoons chili garlic paste, more if you want it spicier
- 3 tablespoons white wine vinegar
- 2 tablespoons sugar
- 2 teaspoons soy sauce
- 1 teaspoon salt
- 4 teaspoons cornstarch
- 3 tablespoons water

Directions

1. Incorporate all of the ingredients for the batter. It should be smooth and without lumps. It will be thinnish. Using saucepan, boil 3 cups of water then add the carrots and peas and cook just until tender. Drain and set aside.
2. Using deep fryer, cook the 3 cups of oil to 375°F. Mix in chicken to the hot oil a few pieces at a time. Leave it there until cooked

through and golden brown, then transfer to a paper-towel-lined plate to drain.

3. Using a wok, cook 2 teaspoons of oil over medium-high heat. Stir in garlic and green onion and cook for about 1 minute. Mix all of the sauce ingredients except for the cornstarch and water.
4. Incorporate sauce mixture to the hot skillet and cook until it starts to bubble. Make a slurry of the cornstarch and water and add it to the bubbling sauce, and cook until the sauce starts to thicken. Add the chicken, peas and carrots and cook until hot. Serve with rice.

Nutrition:

684 calories

9g fats 31g protein

CHAPTER 3:

Dinner Recipes

P.F. Chang's Beef and Broccoli

Preparation Time: 45 minutes

Cooking Time: 15 minutes

Servings: 4

Ingredients

- Marinade:
- 1/3 cup oyster sauce
- 2 teaspoons toasted sesame oil
- 1/3 cup sherry
- 1 teaspoon soy sauce
- 1 teaspoon white sugar
- 1 teaspoon corn starch
- Beef and Broccoli:
- ¾ pound beef round steak
- 3 tablespoons vegetable oil
- 1 thin slice of fresh ginger root
- 1 clove garlic, peeled and smashed
- 1-pound broccoli, cut into florets

Directions:

1. Incorporate marinade ingredients in a bowl until they have dissolved. Marinate the beef in the mixture for 30 minutes. Sauté the ginger and garlic in hot oil for a minute. When the oil is flavored, remove the garlic and ginger and add in the broccoli. Continue cooking the broccoli until tender.
2. Once cooked, situate it to a bowl and set aside. Pour the beef and the marinade into the pan in which you cooked the broccoli and continue cooking until beef is cooked, or about 5 minutes. Pour the broccoli back in and keep cooking for another 3 minutes. Serve.

Nutrition:

331 Calories

21.1g Total Fat

21.7g Protein

Outback's Secret Seasoning Mix for Steaks

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 3

Ingredients

Seasoning:

- 4–6 teaspoons salt
- 4 teaspoons paprika
- 2 teaspoons ground black pepper
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon cayenne pepper
- ½ teaspoon coriander
- ½ teaspoon turmeric

Directions:

1. Blend all the seasoning ingredients in a bowl. Rub the spice blend into the meat on all sides and let rest for 15-20 minutes before cooking.

Nutrition:

16.4 Calories

0.5g Total Fat

3.5g Carbohydrates

Taco Bell's Chalupa

Preparation Time: 40 minutes

Cooking Time: 10 minutes

Servings: 8

Ingredients

Tortillas:

- 2½ cups flour
- 1 tablespoon baking powder
- ½ teaspoon salt
- 1 tablespoon vegetable shortening
- 1 cup milk
- Oil, for deep frying
- Filling:
- 1 tablespoon dried onion flakes
- ½ cup water
- 1-pound ground beef
- ¼ cup flour
- 1 tablespoon chili powder
- 1 teaspoon paprika
- 1 teaspoon salt
- Some oil for frying
- For Garnishing:
- Some sour cream
- Some lettuce, shredded
- Some cheddar cheese or Monterey Jack cheese
- Some tomato, diced

Directions:

2. Combine the flour, baking powder, and salt. Stir in the vegetable shortening and mix. Then add the milk and continue mixing. Portion the dough into 8 parts, and then shape them into 8 6-inch tortillas.
3. Deep fry the tortillas until golden brown. Set aside to cool. Start making the filling. Place the onion flakes in the water and set aside for 5 minutes. Mix the rest of the filling ingredients (except the oil) together until combined. Add in the onion with the water and

continue mixing. Heat the oil in a skillet, and then cook the entire beef mixture until the beef browns.

4. Now, assemble your Chalupas. In the tortillas, place the following by layers:
5. Cooked beef mixture; Sour cream; Lettuce; Cheese; and lastly Tomatoes.
6. Serve on a plate.

Nutrition:

424.9 Calories

15.8g Total Fat

21.6g Protein

Chili's Baby Back Ribs

Preparation Time: 15 minutes

Cooking Time: 3 hours 30 minutes

Servings: 4

Ingredients

- Pork:
- 4 racks baby-back pork ribs
- Sauce:
- 1½ cups water
- 1 cup white vinegar
- ½ cup tomato paste
- 1 tablespoon yellow mustard
- 2/3 cup dark brown sugar packed
- 1 teaspoon hickory flavored liquid smoke
- 1½ teaspoons salt
- ½ teaspoon onion powder
- ¼ teaspoon garlic powder
- ¼ teaspoon paprika

Directions:

1. Combine all of the sauce ingredients and then bring to a boil. Let it simmer for 45 to 60 minutes, stir it occasionally. When it's done, preheat oven at 300 degrees. Cover the 1 rack of ribs with aluminum foil. Put the ribs on top.
2. Take out the sauce from heat and start glazing over the ribs.
3. When it is completely covered, and transfer it on the baking pan with the foil opening facing upwards. Do it again for the remaining racks and bake it for 2½ hours. When it is almost done, prepare your grill at medium heat then cook both sides. Brush some more sauce on each side and grill for another minutes. Don't overcook. Once done, serve with extra sauce.

Nutrition:

645 Calories

43.8g Total Fat

51.5g Protein

Cracker Barrel's Green Beans with Bacon

Preparation Time: 10 minutes

Cooking Time: 45 minutes

Servings: 6

Ingredients

- ¼ pound sliced bacon, cut into 1-inch pieces
- 3 cans (14.5 ounces each) green beans, with liquid
- ¼ yellow onion, peeled, chopped
- 1 teaspoon granulated sugar
- ½ teaspoon salt
- ½ teaspoon fresh ground black pepper

Directions:

1. Half-cook the bacon in a saucepan—make sure it does not get crispy. Add the green beans with the liquid to the browned bacon and season with salt, pepper, and sugar. Top the green beans with the onion and then cover the pan until the mixture boils. Decrease the heat and let mixture to simmer for another 45 minutes before serving.

Nutrition:

155.3 Calories

9g Total Fat

6g Protein

P.F. Chang's Spare Ribs

Preparation Time: 5 minutes

Cooking Time: 25 minutes

Servings: 2

Ingredients

- Sauce:
- 1 cup ketchup
- 1 cup light corn syrup
- ½ cup hoisin sauce
- ½ cup water
- 1/3 cup light brown sugar, packed
- 2 tablespoons onions, minced
- 1 tablespoon rice vinegar
- Ribs:
- 12 to 16 cups water
- 2 teaspoons salt
- 1 rack pork spareribs
- 4 cups vegetable oil
- 1 teaspoon sesame seeds, for garnish
- 1 tablespoon green onion, diced, for garnish

Directions:

1. Stir in all of the sauce ingredients and wait it to boil then let it simmer for 5 minutes. Set aside. Transfer the water and salt into a large pot then let it boil. In the meantime, clean the spare ribs and take out the excess fat.
2. When it starts to boil, transfer all the ribs into the water and continue boiling for 14 minutes. Drain and set aside. Cook the oil at 375 degrees then put 4 to 6 ribs in it and cook for 6 minutes.
3. Do it again until all the ribs are fried. Combine the fried ribs and the sauce over medium heat. Let it simmer at least a minute. Place the ribs to a plate and serve with rice. Topped the ribs with the sesame seeds and green onions.

Nutrition:

1344 Calories

77.2g Total Fat

52.5g Protein

Bonefish Grill Copycat Bang-Bang Shrimp

Preparation Time: 10 minutes

Cooking Time: 35 minutes

Serving: 10

Ingredients:

- 1 1/4 cups of mayonnaise, low fat
- 5/8 cup of chili sauce, Thai sweet
- 7 1/2 dashes of garlic-chili sauce
- 2 1/2 lbs. of shrimp, peeled
- 1/2 cup of corn starch
- 4 leaves of lettuce
- 1/4 cup of green onion, chopped

Directions:

1. Pour in sweet chili sauce and mayo together in large sized bowl. Add garlic-chili sauce. Stir well. Spread the corn starch into wide, shallow dish. Press the shrimp into corn starch, giving it a fairly thin layer of coating. Heat oil in deep-fryer to 350F.
2. Deep-fry the shrimp in small batches till not transparent in middle anymore, five minutes or so per batch. Drain on plate lined with paper towels. Combine shrimp and mayo sauce in sauce bowl. Stir, coating shrimp well.
3. Line medium bowl using leaves of lettuce. Add shrimp to bowl. Garnish with the green onions. Serve.

Nutrition:

400 Calories

28g Total Fat

23g Protein

Black Angus Steakhouse's BBQ Baby Back Ribs

Preparation Time: 30 minutes

Cooking Time: 6 to 8 hours

Servings: 1

Ingredients

- 1 rack of pork ribs
- Your favorite barbecue sauces
- Onion powder, to taste
- Garlic powder, to taste
- Marinade:
 - 2 tablespoons kosher salt
 - 2 tablespoons paprika
 - 4 tablespoons granulated garlic
 - 1 tablespoon onion powder
 - 1 teaspoon cumin seeds
 - 1 teaspoon Durfee Ancho pepper
 - 2 teaspoons dry mustard
 - 2 teaspoons black pepper
- Rib Mop:
 - 1 cup red wine vinegar
 - 1 tablespoon garlic
 - 1 cup water
 - 3 tablespoons soy sauce

Directions:

1. Mix all of the marinade ingredients together. Rub the marinade all over the ribs to soak them in flavor.
2. Barbecue the meat over indirect heat at 250F to 300F for 3 to 4 hours. Add soaked fruit wood to the coals for additional aroma. Make sure that the temperature remains at 250F to 300F for the entire cooking duration. While the meat is cooking, mix together the rib mop ingredients in a bowl.
3. After three to four hours, transfer the meat to an aluminum pan and brush both sides with the rib mop.
4. Cook the ribs for another hour and then remove them from heat and mop them again. Continue cooking the ribs for another 3 to 4

hours, basting them with the mop and some barbecue sauce every hour. When the ribs are done barbecuing, sprinkle them with onion and garlic powder before wrapping them in aluminum foil. Let the ribs rest for 30 minutes.

5. Situate the ribs to a plate and serve.

Nutrition:

1500 Calories

30g Total Fat

14g Protein

Texas Road House's Mesquite Grilled Pork Chops with Cinnamon Apples

Preparation Time: 40 minutes

Cooking Time: 40 minutes

Serving: 2

Ingredients

- Cinnamon Apples:
- 4 apples (peeled, sliced)
- 2 tablespoons butter, melted
- 1/3 cup brown sugar
- 2 tablespoons lemon juice
- 3/4 teaspoon cinnamon
- Pork Chop:
- 2 pork loin chops with bone, room temperature; 2 inches thick
- Paste:
- 2 tablespoons extra virgin olive oil
- 2 tablespoons Worcestershire sauce
- 2 teaspoons black pepper, cracked
- 2 teaspoons chili powder
- 2 teaspoons granulated garlic powder
- 2 teaspoons kosher salt
- 1 teaspoon cumin, ground
- 1/2 teaspoon cinnamon, ground
- Mesquite wood chips, drenched in water for at least 30 minutes

Directions:

1. Prepare the apples by cooking all the cinnamon apple ingredients in butter until the apples soften. When they are ready, set the cooked apples aside. Reheat before serving.
2. Before you begin with the meat, you need to:
3. Soak the mesquite chips as instructed; leave the pork loin at room temperature for 30 to 45 minutes; and preheat the grill on high.
4. Thoroughly mix all the paste ingredients together. When the paste is done, spread it over the pork chops, covering them completely. Take out chips from the water and place them in an aluminum foil pan.

5. Place the pan directly over the fire from the grill and cook the pork loin on both sides for about 6 minutes. Once seared, set the heat to medium. Place the pork over indirect medium heat and cook for another 25 minutes. Remove the pork from heat, wrap it in aluminum foil, and let rest for another 5 minutes. Transfer the pork to a plate with the reheated apples. Serve the entire dish.

Nutrition:

316 Calories 22.5g Total Fat 20.5g Protein

Panda Express's Grilled Teriyaki Chicken

Preparation Time: 5 minutes

Cooking Time: 20 minutes

Servings: 4

Ingredients

- 2 pounds chicken thighs
- 2 tablespoons canola oil
- 2/3 cup sugar
- ¼ cup low-sodium soy sauce
- 1 teaspoon lemon juice
- ½ teaspoon garlic powder
- ¼ teaspoon ground ginger
- 1/3 cup water
- 2 tablespoons cornstarch dissolved with 2 tablespoons water
- Sliced green onions for garnish

Directions

1. Incorporate chicken thighs and canola oil and let sit until the grill is hot. Situate the chicken in a grill pan and grill for about 5 minutes on each side.
2. In a mixing bowl, combine the sugar, soy sauce, lemon juice, garlic powder, ground ginger and water. Heat to boiling, then decrease heat and simmer for 3 minutes. Stir in the cornstarch slurry and cook on low heat until the sauce thickens.
3. Spoon sauce over grilled chicken to serve. Sprinkle with sliced green onions.

Nutrition:

452 calories

10g Carbohydrates

23g Protein

Panda Express's Sweet Fire Chicken Breast

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 4

Ingredients

- 3 large chicken breasts, cut into 1-inch pieces
- 1 (10-ounce) bottle sweet chili sauce
- 1 medium onion, sliced
- 1 large red bell pepper, chopped
- 1¼ cup pineapple chunks
- ¼ cup pineapple juice
- 2 cloves garlic, minced
- 1 cup all-purpose flour
- 2 eggs, beaten
- Oil for frying
- 2 tablespoons oil, if needed
- Salt and pepper to taste

Directions

1. Incorporate flour, salt and pepper to a shallow dish. Dip the chicken pieces in the beaten egg followed by a dip in the flour to coat. Set aside.
2. Cook oil in a large skillet over medium-high heat. When hot, add the chicken pieces and cook until golden brown on all sides, about 6 minutes.
3. Once done, pull out chicken from the skillet and place on a paper-towel-lined plate to drain excess oil.
4. If needed, mix in rest of the oil to the skillet and heat over medium-high heat. When hot, stir in onions, garlic and peppers and cook until the onions and peppers start to soften.
5. When soft, return the chicken to the skillet along with the chili sauce, pineapple and pineapple juice and allow to cook for about 7 minutes, stirring occasionally. Serve with a side of rice.

Nutrition:

624 calories

11g fats
31g protein

Panda Express's Zucchini Mushroom Chicken

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Servings: 4

Ingredients

- 1-pound boneless skinless chicken breasts, cut into bite-sized pieces
- 3 tablespoons cornstarch
- 1 tablespoon canola oil
- 1 tablespoon sesame oil
- ½ pound mushrooms, sliced
- 1 medium zucchini
- 1 cup broccoli florets
- ¼ cup soy sauce
- 1 tablespoon rice wine vinegar
- 2 teaspoons sugar
- 3 cloves garlic, minced
- 2 teaspoons minced ginger or ½ teaspoon ground ginger
- Sesame seeds, for garnish (optional)

Directions

1. Add the cornstarch to a shallow dish and season with salt and pepper. Add the chicken and toss to coat. In a large skillet, heat both the canola and sesame oil over medium high-heat. When hot, add the chicken and cook until brown on all sides.
2. Pull out chicken from the skillet and turn the heat to high. Cook the zucchini, mushrooms, and broccoli until they begin to soften, about 1 minute. Cook the garlic and ginger a bit longer. Continue to cook until the mushrooms and zucchini have softened to taste, then stir the chicken back into the skillet. When the chicken has heated up, stir in the soy sauce and the rice wine vinegar. Serve with rice.

Nutrition:

701 calories

11g fats

29g protein

Panda Express's Orange Chicken

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Servings: 4–6

Ingredients

- 1 egg
- 1½ teaspoons salt
- White pepper to taste
- Oil for frying
- 2 pounds boneless skinless chicken
- ½ cup cornstarch
- ¼ cup flour
- Orange sauce
- 3 tablespoons soy sauce
- ¾ cup orange juice
- ½ cup brown sugar
- Zest of 1 orange
- 1 tablespoon oil
- 2 tablespoons ginger, minced
- 2 teaspoons garlic, minced
- 1 teaspoon red chili flakes
- ½ cup green onion, chopped
- 2 tablespoons rice wine
- ½ cup water
- 2 tablespoons cornstarch
- 1 teaspoon sesame oil

Directions

1. In a shallow dish, combine the ½ cup of cornstarch and the flour. In a second shallow dish, beat together the egg, salt, pepper and 1 tablespoon of oil. In a large skillet or deep saucepan, heat oil to 375°F.
2. Soak chicken pieces in the egg mixture followed by the flour mixture. Shake off any excess flour. Sauté coated chicken to the hot oil and cook for about 4 minutes or until nicely browned. Transfer the chicken from the hot oil to a paper-towel-lined plate to

drain.

3. Scourge soy sauce, orange juice, brown sugar and orange zest. In another skillet or wok, heat 1 tablespoon of oil. When hot, add the ginger, garlic, red pepper flakes and green onions. Cook for 1 minute.
4. Stir in the rice wine and soy sauce mixture. Cook for about 1 more minute, then add the chicken. Make a slurry with the water and remaining cornstarch and gradually add to the skillet until the sauce thickens. Add sesame oil to taste. Serve with rice.

Nutrition:

725 calories

12g fats

34g protein

CHAPTER 4:

Keto Recipes

PF Chang's Orange Peel Chicken



Preparation Time: 10 minutes

Cooking Time: 30 minutes

Serving: 4

Ingredients

- 4 boneless, skinless chicken breasts
- $\frac{3}{4}$ cup flour
- $\frac{1}{4}$ cup orange peel from 1 orange
- 2 tablespoons cornstarch
- 2 tablespoons garlic, minced
- 2 teaspoons black pepper
- 2 teaspoons Creole seasoning
- 2 teaspoons garlic powder
- 2 teaspoons onion powder

- 1 teaspoon chili powder
- Extra-virgin olive oil
- Orange peel sauce
- 1 cup tomato sauce
- 6 tablespoons orange juice
- 6 tablespoons chicken broth
- ¼ cup brown sugar
- 2 tablespoons sriracha
- 1 tablespoon soy sauce
- 1 teaspoon chili paste
- ¼ teaspoon black pepper

Directions

1. Peel and clean an orange, removing the white pulpy part and cutting out the segments which will be used for garnish. Julienne the peel and set aside with the segments. Incorporate all of the sauce ingredients in a mixing bowl. Set aside.
2. Cut the chicken into bite-sized cubes. Mix all of the spices. Toss over the chicken pieces. Stir to make sure the chicken is properly covered.
3. Mix flour and cornstarch. Pour over the seasoned chicken and stir again to make sure the chicken is coated.
4. Cook olive oil in a large skillet over medium-high heat. When hot, stir in the chicken and cook until browned on all sides. Once all cooked, take it from the skillet.
5. Pour in bit more olive oil to the pan, then toss in the orange peel slices and the garlic and cook just until garlic is fragrant. Add the sauce to the skillet and bring to a boil, then reduce heat and cook for 5 minutes. Situate chicken back to the skillet and cook for 5 more minutes. Garnish with orange segments and serve with rice

Nutrition:

691 calories

10g fats

31g protein

P.F. Chang's Crispy Chicken



Preparation Time; 20 minutes

Cooking Time: 2 hours

Serving: 4

Ingredients

- Chicken
- 1-pound chicken breast, boneless, skinless, cut into medium sized chunks
- Vegetable oil, for frying and deep frying
- Batter
- 4 ounces all-purpose flour
- 2½ ounces cornstarch
- 1 egg
- 6 ounces water
- 1/8 teaspoon baking powder

- 1/8 teaspoon baking soda
- Chicken seasoning
- 1 tablespoon light soy sauce
- 1/8 teaspoon white pepper
- 1/4 teaspoon kosher salt
- 1 tablespoon cornstarch
- Sauce
- 1/2 cup sake or rice wine
- 1/2 cup honey
- 3 ounces rice vinegar
- 3 tablespoons light soy sauce
- 6 tablespoons sugar
- 1/4 cup cornstarch
- 1/4 cup water

Directions:

1. Mix the batter at least 2 hours in advance. Mix all the batter ingredients together and refrigerate. After an hour and 40 minutes, mix all the seasoning ingredients together and mix in the chicken. Make sure that the chicken is covered entirely.
2. Place the chicken in the refrigerator to marinate for at least 20 minutes. Incorporate all the sauce ingredients together - except the cornstarch and water - and set aside.
3. Before you begin frying your chicken:
4. Place a paper towel on a plate in preparation for draining the oil; and Heat your oil to 350F.
5. When your oil is heated, remove the chicken from the refrigerator and pour the batter all over it.
6. One by one, lower the coated chicken pieces into the heated oil. Keep them suspended until the batter is cooked, about 20 to 30 seconds.
7. When all the chicken is cooked, place it on the plate covered with the paper towel to cool and drain. Bring the sauce mixture to a boil. Though waiting for it to boil, incorporate the cornstarch and water in a separate bowl.
8. Slowly pour the cornstarch mixture into the sauce and continue cooking for 2 minutes, until the sauce thickens. When the sauce

thickens, remove it from heat.

9. When the chicken is cooked, pour some sauce over the entire mixture, just enough to cover the chicken. Transfer everything to a plate with rice or Chinese noodles and serve.

Nutrition:

679 calories

12g fats

32g protein

Cracker Barrel's Chicken Fried Chicken



Preparation Time: 17 minutes

Cooking Time: 34 minutes

Servings: 3

Ingredients

- Chicken
- ½ cup all-purpose flour
- 1 tsp. poultry seasoning
- ½ tsp. salt
- ½ tsp. pepper
- 1 egg
- 1 tbsp. water
- 4 pcs. chicken breasts
- 1 cup vegetable oil
- Gravy
- 2 tbsp. all-purpose flour
- ¼ tsp. salt
- ¼ tsp. pepper
- 1¼ cups milk

Directions

1. Set the oven to 200°F. Using a shallow dish, scourge flour, poultry

seasoning, salt, and pepper. In different shallow dish, blend beaten egg and water.

2. Soak both sides of the chicken breasts in the flour mixture, then into the egg mixture, then into the flour mixture again.
3. Cook vegetable oil at medium-high heat in a huge deep skillet. With a cast iron cook chicken for 15 minutes.
4. Situate chicken to a cookie sheet and position in the oven to maintain temperature. Take out all but leave 2 tablespoons of oil from the skillet you cooked the chicken in.
5. Ready the gravy by mixing dry gravy ingredients together. Then stir them into the oil in the skillet, stirring thoroughly. Once brown, slowly stir in the milk. Continue cooking for 3 minutes
6. Drizzle chicken with some of the gravy.

Nutrition:

339 calories

29g carbohydrates

23g protein

Broccoli Cheddar Chicken



Preparation Time: 12 minutes

Cooking Time: 47 minutes

Servings: 3

Ingredients

- 4 pcs. chicken breasts
- 1 cup milk
- 1 cup Ritz-style crackers
- 1 can condensed cheddar cheese soup
- ½ lb. frozen broccoli
- 6 oz. cheddar cheese
- ½ teaspoon salt
- ½ teaspoon pepper

Directions

1. Prep the oven to 350°F. Scourge milk and cheddar cheese soup. Brush the baking dish, then situate chicken in the bottom and season it well. Transfer soup mixture over the chicken, then garnish with the crackers, broccoli, and shredded cheese. Bake for 48 minutes.

Nutrition:

411 calories

19g carbohydrates

28g protein

Panda Express Chicken Casserole



Preparation Time: 10 minutes

Cooking Time: 70 minutes

Servings: 4

Ingredients

- Crust
- 1 cup yellow cornmeal
- 1/3 cup all-purpose flour
- 1½ tsp. baking powder
- 1 tbsp. sugar
- ½ tsp. salt
- ½ tsp. baking soda
- 2 tbsp. vegetable oil
- ¾ cup buttermilk
- 1 egg
- Filling
- 2½ cups cooked chicken breast
- ¼ cup yellow onion
- ½ cup celery

- 1 tsp. salt
- ¼ tsp. ground pepper
- 1 can condensed cream of chicken soup
- 1¾ cups chicken broth
- 2 tbsp. butter
- ½ cup butter

Directions

1. Prep oven to 375°F. To make the crust, mix all of the crust ingredients until smooth. Pour this mixture into a buttered or greased 8x8-inch baking dish. Bake for 20 minutes, then pull out from oven and set aside. Set oven temperature to 350°F.
2. Crush the cooled cornbread mixture. Situate to a mixing bowl with ½ cup of melted butter. Put aside. For chicken filling, stir in melted butter to a big saucepan at medium heat. Stir in celery and onions until soft.
3. Pour chicken broth, cream of chicken soup, salt, and pepper. Stir in cooked chicken breast pieces and stir again. Cook for 6 minutes on low simmer. Situate filling mixture into 4 individual greased baking dishes. Sprinkle with the cornbread mixture and transfer to the oven.
4. Bake for 37 minutes for a huge casserole dish.

Nutrition:

399 calories

17g carbohydrates

32g protein

Sunday Chicken by chili



Preparation Time: 9 minutes

Cooking Time: 14 minutes

Servings: 3

Ingredients

- 4 pcs. chicken breasts
- 1 cup all-purpose flour
- 1 cup bread crumbs
- 2 tsp. salt
- 2 tsp. black pepper
- 1 cup buttermilk
- ½ cup water

Directions

1. Pour 3–4 inches of oil to a deep fryer and set to 350°F. Blend flour, breadcrumbs, salt, and pepper in a shallow dish. Using different shallow dish, pour in buttermilk and water; stir.

2. Press chicken breasts to a consistent size. Dry it using a paper towel, then season well. Soak seasoned breasts in the flour mixture, then the buttermilk mixture, then back to the flour.
3. Sauté breaded chicken to the hot oil and fry for 7 minutes. Cook both sides. Sauté chicken to either a wire rack to drain. Side with mashed potatoes.

Nutrition:

348 calories

17g carbohydrates

21g protein

Taco Bell Campfire Chicken

Preparation Time: 19 minutes

Cooking Time: 43 minutes

Servings: 4

Ingredients

- 1 tbsp. paprika
- 2 tsp. onion powder
- 2 tsp. salt
- 1 tsp. garlic powder
- 1 tsp. dried rosemary
- 1 tsp. black pepper
- 1 tsp. dried oregano
- 1 whole chicken
- 2 carrots
- 3 red skin potatoes
- 1 ear of corn
- 1 tbsp. olive oil
- 1 tbsp. butter
- 5 sprigs fresh thyme

Directions

1. Prep the oven to 400°F. Blend paprika, onion powder, salt, garlic powder, rosemary, pepper, and oregano. Stir in chicken quarters and 1 tablespoon of the spice mix to a big plastic freezer bag. Seal and chill 1 hour.
2. Stir in corn, carrots, and potatoes. Drizzle with the olive oil and remaining spice mix. Toss to coat.
3. Prep a big skillet on high heat. Pour some oil, and once hot, cook chicken pieces until golden brown. Spread 4 pieces of aluminum foil and stir in some carrots, potatoes, corn, and a chicken quarter to each. Drizzle with some butter and thyme.
4. Crease foil in and form pouches by the edges tightly. Bake for 45 minutes.

Nutrition:

321 calories

17g carbohydrates

26g protein

Ihop's Chicken and Dumplings

Preparation Time: 34 minutes

Cooking Time: 19 minutes

Servings: 5

Ingredients

- 2 cups flour
- ½ tsp. baking powder
- 2 tbsp. butter
- 1 scant cup buttermilk
- 2 quarts chicken broth
- 3 cups cooked chicken

Direction:

1. For the dumplings incorporate flour, baking powder, and salt in a large bowl. Slice butter into the flour mixture. Pour in the milk a little simultaneously until it's a dough ball.
2. Dust countertop with enough flour. Spread out the dough relatively thin, then slice into squares to form dumplings.
3. Dust a plate and situate dough from the counter to the plate. Boil chicken broth in a saucepan, then stir in dumplings in one by one. Cook until the dumplings are no longer doughy.
4. Mix in chicken, stir and serve.

Nutrition:

391 calories

19g carbohydrates

27g protein

Starbuck Chicken Pot Pie

Preparation Time: 27 minutes

Cooking Time: 34 minutes

Servings: 7

Ingredients

- ½ cup butter
- 1 medium onion
- 1 (14.5-oz.) can chicken broth
- 1 cup half and half milk
- ½ cup all-purpose flour
- 1 carrot
- 1 celery stalk
- 3 medium potatoes
- 3 cups cooked chicken
- ½ cup frozen peas
- 1 tsp. chicken seasoning
- ½ tsp. salt
- ½ tsp. ground pepper
- 1 single refrigerated pie crust
- 1 egg

Directions

1. Set the oven to 375°F. Using a skillet, cook butter at medium heat, cook leeks for 3 minutes. Drizzle flour over the mixture, and stir constantly for 3 minutes.
2. Scourge chicken broth and milk. Boil the mix. Set heat to medium-low. Cook carrots, celery, potatoes, salt, and pepper for 13 minutes. Stir in chicken and peas.
3. Situate chicken filling to a deep 9-inch pie dish. Fit the pie crust sheet on top and pound the edges around the dish to seal the crust.
4. Scourge egg with 1 tablespoon of water, and rub mixture over the top of the pie. Slice few slits to let steam escape. Bake on the middle oven rack 28 minutes.
5. Put aside for 15 minutes before serving.

Nutrition:

353 calories

17g carbohydrates

24g protein

Green Chili Jack Chicken

Preparation Time: 8 minutes

Cooking Time: 24 minutes

Servings: 4

Ingredients

- 1 lb. chicken strips
- 1 tsp. chili powder
- 4 oz. green chilies
- 2 cups Monterey Jack cheese
- ¼ cup salsa

Directions:

1. Season the chicken with the chili powder while cooking oil over medium heat. Cook the chicken strips until half cooked, then situate green chilies on top of the chicken. Set the heat to low.
2. Cook for 2 minutes before sprinkling the cheese on top. Continue cooking the chicken and cheese until it melts. Serve with the salsa.

Nutrition:

324 calories

18g carbohydrates

27g protein

Pei Wei's Chicken Lo Mein

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Servings: 4

Ingredients

- 1½ pounds boneless, skinless chicken breast, sliced very thinly
- Marinade
 - 1 tablespoon soy sauce
 - 1½ teaspoons cornstarch
 - 2 tablespoons oyster sauce
 - 2 teaspoons soy sauce
 - ¼ cup beef broth
 - 1 tablespoon sugar
- Other ingredients
 - 6 ounces linguine, cooked
 - 1 teaspoon sesame oil
 - ¼ cup oil
 - 1 clove garlic, chopped
 - 1 carrot, chopped into ½-inch pieces
 - ½ cup cabbage, chopped
 - 1 cup mushrooms, sliced
 - 1 cup bean sprouts
 - 3 green onions, both parts

Directions

1. Incorporate all of the ingredients for the marinade in a resealable bag. Add the chicken pieces and refrigerate for at least 20 minutes. Blend oyster sauce, soy sauce, beef broth and sugar.
2. Throw cooked noodles with the sesame oil. Add the ¼ cup of oil to a large skillet or wok and heat over medium-high heat. Add the chicken, reserve the marinade, and cook for about 5 minutes or until cooked through. Remove from the skillet then keep aside.
3. Stir extra tablespoon of oil to the skillet if you need to. Cook garlic then add the carrots. Cook for 1 minute. Add the cabbage and mushrooms and cook for about 2 more minutes. Stir the cooked noodles into the pan and cook for another 2 minutes.

4. Add the marinade from the resealable bag along with the cooked chicken. Allow to cook for another 3–5 minutes, then serve with rice.

Nutrition:

691 calories

10g fats

34g protein

Cornflake Crusted Chicken by Chili

Preparation Time: 9 minutes

Cooking Time: 37 minutes

Servings: 2

Ingredients

- 4 pcs. chicken breasts
- 3 cups cornflakes
- 2 tbsp. melted butter
- 1 large egg
- 1 tsp. water
- Chicken poultry seasoning

Directions

1. Prep the oven to 400°F. Arrange chicken breasts and sprinkle both sides with salt, pepper, and poultry seasoning. Using shallow dish, scourge water and egg.
2. In a different shallow dish, crumble cornflakes and season with some more poultry seasoning. Soak each breast in the egg mixture, then into the cornflakes. Situate chicken on a baking sheet and add more cornflakes on top. Bake for 33 minutes.

Nutrition:

351 calories

18g carbohydrates

29g protein

Red lobster Farm-Raised Catfish

Preparation Time: 17 minutes

Cooking Time: 12 minutes

Servings: 4

Ingredients

- ¼ cup all-purpose flour
- ¼ cup cornmeal
- 1 tsp. onion powder
- 1 tsp. dried basil
- ½ tsp. garlic salt
- ½ tsp. dried thyme
- ½ tsp. white pepper
- ½ tsp. cayenne pepper
- ½ tsp. black pepper
- 4 catfish fillets
- ¼ cup butter

Directions

1. Mix flour, cornmeal, onion powder, basil, salt, thyme, white pepper, cayenne pepper, and black pepper in a plastic freezer bag.
2. Situate catfish fillets in the bag and carefully shake to coat.
3. Preheat a big skillet at medium-high heat. Stir in butter, and once it melts, mix in the catfish. Cook, covered, for 18 minutes on both sides.

Nutrition:

324 calories

17g carbohydrates

29g protein

Ihop's Lemon Pepper Trout

Preparation Time: 11 minutes

Cooking Time: 14 minutes

Servings: 5

Ingredients

- 6 (4-oz) trout fillets
- 3 tbsp. butter
- 2 medium lemons
- 2 tbsp. lemon juice
- Sauce
- 3 tbsp. butter
- ¼ tsp. pepper
- 2 tbsp. lemon juice

Directions

1. Cook butter in a saucepan at low heat until it begins to brown. Drizzle pepper and lemon juice. Grease fish fillets with melted butter. Situate lemon slices on top of each. If cooking on a grill, use a wire grilling basket greased with nonstick cooking spray. Grill for 10 minutes. Situate to a serving platter and side with extra lemon slices.
2. Side with the butter lemon sauce.

Nutrition:

351 calories

27g carbohydrates

39g protein

Pei Wei's Kung Pao Chicken

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Servings: 4 - 6

Ingredients

- Sauce
- 1 teaspoon red chili paste
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon mirin
- 1 teaspoon seasoned rice wine vinegar
- 1 teaspoon sugar
- ¼ cup chicken broth
- 1 teaspoon cornstarch
- 1 teaspoon dark sesame oil
- Stir-fry
- 1½ lb. boneless, skinless chicken breasts
- 1 egg, whisked
- ¼ cup cornstarch
- ¼ cup canola oil
- ½ cup frozen crinkle-cut carrots
- 1 cup sugar snap peas
- ½ cup dry-roasted peanuts
- 10 dried red chili peppers, if you want a bit more spice you can also add a dash of red pepper flakes
- 4 green onions, including green parts, sliced
- 3 cloves garlic, minced
- ½ cup water chestnuts, diced

Directions

1. Scourge egg in a small shallow dish. Add the cornstarch to another shallow dish.
2. Incorporate all the ingredients for the sauce in a small bowl and set aside. Bread the chicken by first dipping in the egg and then coating with cornstarch. Cook oil over medium-high heat in a large skillet or a wok. When hot, add the coated chicken. Cook through and brown on all sides, then remove chicken to a paper-towel-lined

plate to drain.

3. Add a bit more oil to the same skillet and heat. When hot, add the peas, chestnuts, and carrots. Cook for 1–2 minutes. Pull out vegetables from the skillet and place them on top of the chicken.
4. Add a bit more oil to the skillet, if needed, and quickly sauté the peanuts and chili peppers. They only need to cook for a short time. Add them to the plate with the chicken and vegetables when they are done.
5. Stir in green onions, and garlic to the skillet and cook just until fragrant, about 1 minute. Return everything else to the skillet, then add the sauce and stir to make sure everything is coated. Cook until the sauce starts to thicken. Serve with rice.

Nutrition:

684 calories

9g fats

34g protein

Tuscan Garlic Chicken

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Servings: 6

Ingredients

- Chicken
- 1 cup all-purpose flour
- ½ cup panko bread crumbs
- 1 tablespoon garlic powder
- 2 teaspoons Italian seasoning
- 1 teaspoon sea salt
- 3 boneless skinless chicken breasts
- ½ teaspoon ground black pepper
- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- 2 tablespoons olive oil
- Pasta
- 1-pound fettuccine
- Sauce
- 2 tablespoons unsalted butter
- 4 cloves garlic, minced
- 1 red bell pepper, cut into 2-inch-long thin strips
- ½ teaspoon sea salt
- ¼ teaspoon paprika
- 1/8 teaspoon ground black pepper
- 2 tablespoons all-purpose flour
- 1 cup low-sodium chicken broth
- 1 cup milk
- ½ cup half and half
- 2 cups fresh spinach, roughly chopped
- 1 cup freshly grated parmesan cheese

Directions

1. Preheat oven to 400°F. Line a baking sheet with parchment paper. In a bowl, mix together flour, breadcrumbs, garlic powder, Italian seasoning, salt, pepper, basil, and oregano. Coat the chicken by

tossing it in the mixture.

2. Cook olive oil in a large skillet over medium heat. Carefully place the chicken in the oil. Sear for 2–3 minutes, making sure not to lose any of the coating. Place chicken onto a baking sheet and then into the oven for 15–20 minutes. While the chicken is baking, cook the fettuccine according to package instructions.
3. To make the sauce, cook butter in a large skillet over medium-low heat. Stir in bell pepper and cook for 3–4 minutes. Sprinkle with salt, pepper, and paprika, then add the garlic and sauté for about 1 minute.
4. Stir in the flour, then gradually mix the chicken broth, milk and half and half. Bring the heat to medium and simmer. Add the spinach and cook until wilted. Let the sauce thicken and then mix in the parmesan cheese.
5. Remove from heat and stir until smooth. Place onto fettuccine and toss together. Slice the chicken and place onto fettuccine. Serve with extra parmesan cheese if desired.

Nutrition:

487 calories

34g protein

7.3g carbohydrates

Stuffed Chicken Marsala

Preparation Time: 25 minutes

Cooking Time: 45 minutes

Servings: 4

Ingredients

- Chicken
- 4 boneless skinless chicken breasts
- $\frac{3}{4}$ cup all-purpose flour
- Salt and pepper to taste
- $\frac{1}{2}$ cup olive oil
- Parsley, chopped, for garnish
- Stuffing
- $\frac{1}{2}$ cup smoked provolone or gouda cheese, shredded
- $\frac{1}{2}$ pound mozzarella cheese, shredded
- $\frac{1}{4}$ cup parmesan cheese, grated
- $\frac{1}{2}$ cup breadcrumbs
- 1 teaspoon fresh garlic, minced
- 1 teaspoon red pepper flakes
- 2 tablespoons sun-dried tomatoes, patted dry and roughly chopped
- 3 green onions, thinly sliced
- $\frac{3}{4}$ cup sour cream
- Sauce
- 1 yellow onion, sliced into strings
- 1-quart dry marsala wine
- 1 cup heavy cream
- $\frac{3}{4}$ pound button mushrooms, thinly sliced

Directions

1. Combine all stuffing ingredients in a bowl. Set aside and preheat oven to 350°F. Make two slices at the thickest part of each chicken breast in order to butterfly it. Flip the chicken over then arrange it flat. Cover with wax paper and pound to about $\frac{1}{4}$ – $\frac{1}{2}$ inches in thickness.
2. Stuff each chicken breast, but do not overfill. Coat the chicken in salt, pepper, and flour. Cook the chicken in olive oil in a large skillet over medium-high heat. Once cooked, transfer to a baking

dish and bake for 15–20 minutes or until the inside is cooked through.

3. Using the same large skillet, cook the onions in the chicken drippings for about 2 minutes. Stir in mushrooms and continue to sauté for about 5 more minutes. Deglaze by adding wine to the skillet. Heat the wine until lightly bubbling to reduce it. Continue to cook until the sauce turns brown.
4. Heat the heavy cream in the microwave for 20 seconds. Pour it into the pan and heat until it bubbles lightly. Reduce heat to low and simmer for 5 minutes. Remove from heat when the sauce is a rich brown color.
5. Serve the sauce over the stuffed chicken and complement the meal with mashed potatoes, if desired. Sprinkle with chopped parsley.

Nutrition:

491 calories

4.6g carbohydrates

31g protein

Chicken Piccata By chili

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 4 - 6

Ingredients

- 4 chicken breasts (about 2 pounds)
- 1 small onion
- 10 sun-dried tomatoes, cut into strips
- 1 tablespoon garlic, minced
- 1½ cups chicken broth
- Juice of ½ lemon (about 2 tablespoons)
- ¼ cup capers, rinsed
- 3 tablespoons butter
- 1/3 cup heavy cream
- Salt and pepper to taste
- ¼ cup olive oil (for frying)

Directions

1. Season chicken breasts with salt and pepper. Cook them in a skillet using olive oil over medium-high heat until golden brown and cooked thoroughly (approximately 5–8 minutes on each side). Remove and set aside.
2. In the same skillet, sauté the onions, sun-dried tomatoes and garlic until lightly browned. Mix in the chicken broth, lemon juice, and capers. Reduce heat to medium-low and simmer for 10–15 minutes to reduce the sauce.
3. Pull away from heat when the sauce has thickened. Add the butter and continue to whisk until melted, then add the cream. Heat for about 30 seconds, then remove. Coat chicken breast in the sauce. Serve.

Nutrition:

501 calories

7.1g carbohydrates

33g protein

CHAPTER 5:

Appetizer Recipes

Peiwei's Pizza Dough



Preparation Time: 20 minutes

Cooking Time: 0 minutes

Servings: 2

Ingredients

- 1 envelope instant dry yeast
- 1 teaspoon sugar
- 4 cups bread flour
- 2 teaspoons kosher salt
- 1 ½ cups water, 110 degrees F
- 2 tablespoons olive oil, plus 2 teaspoons

Directions

1. Incorporate flour, sugar, yeast and kosher salt in a stand mixer. While running, pour in water and 2 tablespoons of the oil and process until it forms into a ball. Situate the dough onto a lightly

floured surface and lightly knead into a smooth, firm ball.

2. Brush bowl with the remaining 2 teaspoons olive oil, stir in dough, wrap it with plastic wrap and situate it in a warm area to let it double in size, about 1 hour. Flip the dough out onto a slightly floured surface and portion it into 2 equal pieces. Wrap each with a clean kitchen towel then set aside for 10 minutes.

Nutrition:

321 Calories 11g Fats 4g Protein

Mcdonald's Thin Crust Pizza Dough



Preparation Time: 20 minutes

Cooking time: 11 minutes

Servings: 2

Ingredients

- 1 ½ teaspoon active dry yeast
- 1 tsp. sugar
- ¾ cup warm water (about 105°F)
- 1 cup cake flour
- 2 tablespoons extra-virgin olive oil
- 1 cup plus 3 tablespoons all-purpose flour
- 1 ¼ teaspoon kosher salt

Directions

1. Scourge yeast, sugar and warm water and let stand until foamy, about 5 minutes.
2. Using food processor fitted with the dough blade, combine the cake flour, all-purpose flour and salt and pulse 3 or 4 times.
3. Scourge 1 tablespoon of the olive oil into the yeast mixture. With the motor running, slowly stir in the yeast mixture to the flour mixture. Process the machine 10 to 15 times to knead the dough.
4. Grease with the remaining 1 tablespoon oil. Fill your hands with

flour and remove the dough from the food processor. Form the dough into a ball and place in the bowl. Seal tightly with plastic wrap and let the dough rise in a warm place for 1 ½ hours. Portion the dough in half and roll out as directed in the pizza recipe. Makes two 10-inch thin-crust pizzas.

Nutrition:

111 Calories

9g Fats

2g Protein

Original BBQ Chicken Pizza



Preparation Time: 15 minutes

Cooking Time: 50 minutes

Servings: 2

Ingredients

- 10 oz. boneless skinless chicken breasts
- 2 tbsp. favorite barbecue sauce
- 1 tablespoon olive oil
- 1 pizza dough
- 2 cups mozzarella cheese, shredded
- Flour or semolina, for handling
- 2 tablespoons smoked gouda cheese, shredded
- ½ cup favorite barbecue sauce
- 2 tablespoons fresh cilantro, chopped
- ¼ small red onion, sliced into 1/8" pieces

Directions

1. For BBQ Chicken: Over moderate heat in a large frying pan; heat the olive oil until hot. Once done; cook the chicken for 5 to 6 minutes, until just cooked. Ensure that you don't overcook the chicken; set aside in a refrigerator until chilled through.

2. Once done, coat the chicken with approximately 2 tablespoons of the BBQ sauce & set aside in the refrigerator.
3. For Pizza: An hour before you plan to cook the pizza; place the pizza stone in the middle of your oven & preheat it to 500 F.
4. Evenly spread $\frac{1}{4}$ cup of the BBQ sauce over the surface of the prepared dough within the rim using a large spoon. Sprinkle 1 tablespoon smoked Gouda cheese on top of the sauce. Cover with approximately $\frac{3}{4}$ cup of the shredded Mozzarella. Evenly distribute $\frac{1}{2}$ the chicken pieces on top of the cheese. Place 18 to 20 pieces of red onion on top. Sprinkle with more of Mozzarella.
5. Situate pizza to the prepared oven; bake for 9 minutes. When the pizza is cooked through, carefully remove it from the oven & sprinkle 1 tablespoon of the cilantro on top. Slice into pieces. Serve and enjoy.

Nutrition:

381 Calories

17g Fats

7g Protein

Peiwei's Hawaiian Pizza

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 6

Ingredients

- 1 medium red or sweet yellow pepper, chopped
- ½ cup marinara sauce
- 1 prebaked 12" thin crust pizza dough
- ¼ cup barbecue sauce
- 1 cup fresh pineapple, cubed
- ½ cup completely cooked ham, chopped
- 1 cup part-skim mozzarella cheese, shredded
- ½ cup cheddar cheese, shredded

Directions

1. Prep your oven to 425 F. Situate crust on a large-sized baking sheet. Combine the barbecue sauces with marinara; evenly spread on top of the crust.
2. Top with the leftover ingredients. Bake for 13 minutes

Nutrition:

291 Calories

21g Fats

13g Protein

Carne Asada Pizza

Preparation Time: 50 minutes

Cooking Time: 20 minutes

Servings: 6

Ingredients

- 1 pizza dough, refrigerated
- ½ teaspoon ground cumin
- 8 ounces flank steak trimmed
- ½ teaspoon chipotle chili powder
- Cooking spray
- 1 small red onion
- ½ cup reduced-sodium marinara sauce
- 2 small hatch chilies
- 1 tablespoon adobo sauce
- ¼ cup mozzarella cheese, shredded
- 1 cup seeded tomato, chopped
- 2 tablespoons lime juice, fresh
- 1 tablespoon cornmeal
- ¼ cup cheddar cheese, shredded
- 2 tablespoons red onion, minced
- ¼ cup queso fresco, crumbled
- Fresh cilantro sprigs
- 1/8 teaspoon salt

Directions

1. Remove the dough from refrigerator at least 30 minutes prior to prepare the pizza & let stand at room temperature, covered.
2. Preheat your broiler over high heat.
3. Arrange the hatch chilies on a baking sheet lined with foil. Broil until charred on all sides, for 8 minutes, turning every now and then. Wrap the peppers in foil; tightly close & let stand for 12 to 15 minutes. Peel & seed the peppers; discarding the skin, seeds, and membrane then, cut into ¼” thick strips.
4. Place a pizza stone in middle rack of your oven and then preheat it to 500 F.
5. Sprinkle the steak with chipotle powder, cumin & salt. Heat a grill

pan over high heat. Coat the pan with cooking spray. Add steak to the pan & cook until well-marked, for 3 to 4 minutes per side. Let stand for 10 minutes then, thinly slice the steak across the grain.

6. Add onion rings to the pan; grill until well-marked, for 3 to 4 minutes per side. Place in a large bowl. Using a plastic wrap; cover. Combine the adobo sauce with marinara.
7. Spread the dough in a 15 x 9" rectangle on a surface, lightly floured. Liberally pierce the dough using a fork. Sprinkle the cornmeal on pizza stone. Place dough on hot stone & bake for 5 minutes at 500 F. Remove the stone from your oven. Evenly pour the sauce mixture on top of the dough, leaving approximately ½" border; evenly top with mozzarella and cheddar. Arrange onion slices and poblano over the pizza; top with steak. Sprinkle with queso fresco. Place the stone to the oven again & bake until crust is done, for 8 to 10 minutes.
8. Combine tomato, juice with minced red onion; sprinkle the tomato mixture on top of the pizza. Top with fresh cilantro sprigs. Serve and enjoy.

Nutrition:

291 Calories

21g Fats

12g Protein

Tostada Pizza

Preparation Time: 2 hours & 30 minutes

Cooking Time: 30 minutes

Servings: 4

Ingredients

- 1 thin crust dough
- 8 ounces pinto/black Mexican beans
- 1 small onion, chopped
- 4 ounces cheese, grated
- Handful of fresh lettuce leaves
- 1 avocado
- 2 tomatoes
- 1 teaspoon olive oil
- ½ teaspoon salt
- Minced garlic
- Tortilla chips

Directions

1. Evenly divide the dough into 2 pieces & roll out on to 2 pizza stones or pizza pans.
2. Lay out half of the bean mixture evenly over the pizza dough.
3. Top each with half the cheese sprinkle evenly all over.
4. Baked until base is baked & the cheese has browned, for 12 to 15 minutes.
5. Remove the pizzas from oven & immediately top with fresh lettuce, tomatoes, avocados and onions.
6. Drizzle with some of the garlic & crushed tortilla chips. Serve immediately & enjoy.

Nutrition:

331 Calories

19g Fats

8g Protein

Bianco Flatbread

Preparation Time: 10 minutes

Cooking Time: 45 minutes

Servings: 6

Ingredients

- For the Dough
- ¼ cup all-purpose flour
- 3 ounces pizza dough, rolled very thin & randomly shaped
- For Whipped Truffle Cream
- ½ teaspoon white truffle oil
- ½ cup whipping cream
- For Toppings:
- 2 tablespoon gorgonzola cheese
- ½ cup mozzarella
- 8 each sage leaf, fresh
- ½ cup fresh mozzarella, torn into ½” pieces
- 2 tablespoon Monterey jack or queso quesadilla
- For Garnish:
- 2 teaspoon parmesan cheese, grated

Directions

1. Preheat your oven to 500 F in advance & place a pizza metal or baking stone on the lowest rack of your oven.
2. For Truffle Cream: Combine the white truffle oil with whipping cream. Whip to stiff the peaks using a whisk.
3. Spread flour on a clean surface (kept 1 tablespoon aside for the pizza peel) & roll the pizza dough into a random shape as thinly as possible, approximately 13” across & place on a floured pizza peel. Using a large spoon; spread the Whipped Truffle Cream to within ½” of the edge of the crust.
4. Evenly spread the toppings to within ½” of the edge of the crust. Ensure that the sage leaves are placed upside down on top of the Fresh Mozzarella. Cautiously slide flatbread off of the peel and onto the pizza pan or preheated pizza stone.
5. Bake until the top is bubbling, the edges turn brown & crispy.

Nutrition:

371 Calories

23g Fats

6g Protein

Copycat California Pizza Kitchen's California Club Pizza

Preparation Time: 5 minutes

Cooking Time: 12 minutes

Serving: 4

Ingredients

- 1 ball pizza dough
- 2 tablespoons olive oil
- 1 chicken breast
- 4 slices of bacon
- 1 cup mozzarella cheese, grated
- 1½ cups arugula
- 2 tablespoons mayonnaise
- 1 tomato, sliced
- 1 avocado

Direction

1. Preheat pizza stone in oven to 425°F.
2. Using a rolling pin, flatten pizza dough until it is about 12 to 14 inches in diameter. Brush olive oil in a thin and even layer on top. Add chicken, bacon, and mozzarella in layers evenly across pizza dough.
3. Place onto pizza stone and bake for about 10 to 12 minutes or until cheese melts and crust is slightly brown. Remove from oven and set aside.
4. In a bowl, add arugula and mayonnaise. Mix well. Top cooked pizza with tomato, arugula mixture, and avocado.
5. Serve warm.

Nutrition:

456 Calories

32g Fats

26g Protein

Taco Bell's Mexican Pizza

Preparation Time: 27 minutes

Cooking Time: 13 minutes

Serving: 3

Ingredients

- ½ lb. ground beef
- ½ tsp. salt
- ¼ tsp. onion
- ¼ tsp. paprika
- 1½ tsp. chili powder
- 2 tbsp. water
- 1 cup vegetable oil
- 8 6-inch flour tortillas
- 1 16-oz can refry beans
- 2/3 cup picante sauce
- 1/3 cup tomato
- 1 cup cheddar cheese
- 1 cup Colby jack cheese
- ¼ cup green onion
- ¼ cup black olives

Direction

1. Prep oven to 400°F.
2. Using a skillet, cook beef on medium heat. When brown, strain. Sprinkle salt, onions, paprika, chili powder, and water. Continue stirring, cook for extra 10 minutes.
3. In a different skillet, pour oil and heat at medium-high. Warm up tortilla for 30 seconds on both sides. Prick any bubbles forming on the tortillas. Situate onto a plate lined with paper towels.
4. Reheat the refried beans on high until warm.
5. To build each pizza, brush 1/3 cup beans on tortilla then 1/3 cup cooked beef. Place a second tortilla. Spread 2 tablespoons picante sauce, and equal amounts of tomatoes, cheeses, green onions, and olives.
6. Situate prepared pizzas on baking sheet. Bake for 11 minutes.

Nutrition:

217 Calories

87g Fats

31g Protein

Red Lobster's Copycat Lobster Pizza

Preparation Time: 15 minutes

Cooking Time: 5 minutes

Serving: 1

Ingredients

- 1 10-inch flour tortillas
- 1-ounce roasted garlic butter
- 2 tablespoons Parmesan cheese, shredded
- 1/2 cup fresh Roma tomatoes, finely chopped
- 2 tablespoons fresh basil
- 2 ounces lobster meat, chopped
- 1/2 cup Italian cheese blend, grated
- Vegetable oil for coating
- Dash salt and pepper
- Fresh lemon juice for serving

Direction

1. Preheat oven to 450°F.
2. Coat one side of tortilla with garlic butter. Top with Parmesan cheese, tomatoes, basil, lobster meat, and Italian cheese blend in that order. Set aside.
3. Prepare a pizza pan. Grease with vegetable oil and cover with a dash of salt and pepper. Transfer pizza onto pan. Bake for about 5 minutes.
4. Chop into slices and drizzle with lemon juice.
5. Serve.

Nutrition:

339 Calories

22g Fats

10g Protein

Copycat Cici's Spinach-Alfredo Pizza

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Serving: 6

Ingredients

- 2 tablespoons butter
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¾ cup heavy cream
- 3 ounces Romano cheese, shredded
- 1 pizza crust
- ½ package frozen spinach, thawed and drained
- 8 ounces mozzarella cheese, grated

Direction

1. Preheat oven to 450°F.
2. Prepare Alfredo sauce by adding butter to a deep pan over medium heat. Once melted, add salt, pepper, and heavy cream. Bring to boil while stirring frequently. Remove from heat. Once sauce has cooled a bit, stir in Romano cheese until melted.
3. Place pizza crust onto a baking tray. Thinly coat Alfredo sauce on crust then spread spinach over sauce. Sprinkle mozzarella evenly on top.
4. Bake for 13 minutes.
5. Serve.

Nutrition:

334 Calories

28g Fats

14g Protein

Domino's Philly Cheese Steak Pizza

Preparation Time: 60 minutes

Cooking Time: 3 hours

Serves: 8

Ingredients:

- Use recipe for Dominos-style hand tossed crust scale down for one pizza
- 1/2 cup provolone cheese
- 3/4 cup American cheese
- 6 ounces mushrooms
- 1 medium white onion
- 1 medium green bell pepper
- 1/3-pound deli roast beef
- 3 tablespoons olive oil
- Salt and pepper to taste

Direction

1. Create hand-tossed dough recipe up until the kneading process.
2. Stir in provolone cheese, and continue recipe until dough is ready to bake.
3. Prep the oven to 500 degrees.
4. Using a skillet, heat oil over medium-high heat.
5. Fry peppers, onions and mushrooms to the skillet for 15 minutes.
6. Add the roast beef pieces, and sauté until heated through. Drain.
7. Season well
8. Arrange vegetable and steak mixture over the top of the pizza dough.
9. Drizzle with provolone and American cheeses.
10. Bake for 11 minutes. Set aside. Slice into 8 pieces and serve.

Nutrition:

334 Calories

28g Fats

14g Protein

Papa John's Chocolate Chip Pizza Cookie

Preparation Time: 12 minutes

Cooking Time: 39 minutes

Serving: 4

Ingredients:

- 2 cups all-purpose flour
- 1 tsp. salt
- 1 tsp. baking powder
- 1 cups butter, softened
- 1 cup dark brown sugar
- 1 cup granulated sugar
- 2 eggs
- 1 cups chocolate chip, semisweet

Direction

1. Incorporate flour, baking powder and salt and put aside.
2. Beat butter with the granulated sugar.
3. Scourge eggs and brown sugar into the butter mixture.
4. Transfer wet ingredients into the dry ingredients and combine until they form a sticky cookie dough.
5. Stir in the chocolate chips last.
6. Prep a 12-inch pie pan by lining it with parchment paper.
7. Arrange cookie dough evenly in the pie pan so that it reaches all sides.
8. Bake the cookie at 350F for 17 minutes.

Nutrition:

374 Calories

21g Fats

11g Protein

Pizza Hut's Salted Pretzel Pizza Crust

Preparation time: 30 minutes

Cooking time: 20 minutes

Serving: 4

Ingredients:

- 1-1/3 cups warm water
- 1 tablespoon active dry yeast
- 2 tablespoons honey
- 3-1/2 cups all-purpose flour
- 1 teaspoon salt (regular fine table salt)
- 1/3 cup baking soda
- 1 tablespoon melted butter
- Coarse sea salt
- 1 cup pizza sauce
- 1 cup shredded cheese
- Pepperoni slices or other desired toppings

Direction

1. Mix warm water, yeast, and honey and stir to mix.
2. Set aside for 5 minutes
3. Stir flour and 1 teaspoon salt to yeast mixture. Mix until a dough form.
4. Knead until dough is tacky but not too sticky.
5. Take dough from bowl and allow to rest on a well-floured surface for 10 minutes.
6. Fill a stock pot with about 2-3 inches of water.
7. Boil water and sprinkle baking soda. Decrease water to a simmer.
8. Portion dough into three equal portions and roll them out into three 8-inch discs.
9. Mildly drop one dough disc into the simmering water. Allow to boil for 30-40 seconds.
 10. Use slotted spoons, carefully lift dough from the pot and transfer to a paper-towel lined cooling rack. Do with remaining two dough discs.
 11. Situate dough discs to a greased baking sheet
 12. Brush with melted butter. Season with coarse sea

salt. Bake for 10 minutes at 420F. Garnish with pizza sauce, cheese, and pepperoni.

13. Bake for 10-15 minutes more. Serve immediately.

Nutrition:

384 Calories

24g Fats

10g Protein

Domino's Crunchy Thin Crust

Preparation Time: 35 minutes

Cooking Time: 26 minutes

Serving: 8

Ingredients:

- 1 3/4 cup high-gluten wheat flour
- 1/2 cup warm water
- 1 tablespoon soybean oil (or other vegetable oil)
- 3/4 teaspoon active yeast
- 1 1/2 teaspoon sugar
- 1/4 teaspoon salt
- 3/4 cup pizza sauce
- 1 cup whole milk mozzarella cheese, shredded

Direction

1. Preheat the oven to 500 degrees.
2. Mix together the water, yeast, sugar, salt and oil until the powder ingredients are completely dissolved.
3. Stir in flour and mix on low speed with a dough mixer until a ball form.
4. Pull out dough from the bowl, and place on a floured surface.
5. Knead until the dough is elastic and still a bit moist.
6. Situate dough between two pieces of parchment paper.
7. Use a rolling pin to flatten the dough into a circle 1/4-inch thick.
8. Bake the crust for four minutes, then remove from the oven.
9. Spread pizza sauce evenly over the pizza.
 10. Top with cheese and any other topping choices.
 11. Bake for five minutes. Then rotate, and bake or an additional five or six minutes.
 12. Pull out pizza from the oven and set aside for five minutes.
 13. Slice into eight pieces and serve.

Nutrition:

364 Calories

25g Fats

8g Protein

Papa John's Original Crust

Preparation Time: 10 minutes

Cooking Time: 35 minutes

Serving: 4

Ingredients:

- 3 cups flour
- 2 tbsp. sugar
- 2 ¼ tsp. fast rising yeast
- 1/2 tsp. salt
- 1 cup very warm water
- 2 tbsp. oil

Direction

1. Mix 1 cup flour, sugar, undissolved yeast, and salt; blend well.
2. Gradually pour in water and oil to mixture.
3. Mix at low speed until moistened, then beat for 2 minutes at medium speed.
4. Mix in 2 cups flour until dough pulls away from sides of bowl.
5. On floured surface, knead in 1/2 cup flour until dough is smooth and elastic.
6. Seal loosely with plastic and set aside in a warm place for about 15 minutes.
7. Pound dough onto (2) 12-inch pizza pans.
8. Poke randomly with a fork. Keep aside in a warm place for 10-15 minutes.
9. Grease crusts lightly with oil then prebake them in a 450-degree oven for 5 minutes.
10. Top as desired, then bake again in 450F oven for 4-5 minutes.

Nutrition:

374 Calories

27g Fats

9g Protein

CHAPTER 6:

Main Dishes

Cajun Chicken Pasta from Chili's

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 4

Ingredients:

- 2 chicken breasts, boneless and skinless
- 1 tablespoon olive oil, divided
- 1 tablespoon Cajun seasoning
- 3 quarts water
- ½ tablespoon salt
- 8 ounces penne pasta
- 2 tablespoons unsalted butter
- 3 garlic cloves, minced
- 1 cup heavy cream
- ½ teaspoon lemon zest
- ¼ cup Parmesan cheese, shredded
- Salt and black pepper, to taste
- 1 tablespoon oil
- 2 Roma tomatoes, diced
- 2 tablespoons parsley chopped

Directions:

1. Place chicken in a Ziploc bag. Add 1 tablespoon oil and Cajun seasoning.
2. Using your hands, combine chicken and mixture until well-coated. Seal tightly and set aside to marinate.
3. Cook pasta in a pot filled with salt and boiling water. Follow package directions. Drain and set aside.
4. In a skillet, cook butter over medium heat. Sauté garlic for 1

minute or until aromatic. Slowly add cream, followed by lemon zest. Cook for 1 minute, stirring continuously until fully blended. Toss in Parmesan cheese. Mix until sauce is a little thick, then add salt and pepper. Add pasta and combine until well-coated. Transfer onto a bowl and keep warm.

5. In a separate skillet, heat remaining oil. Cook chicken at medium-high heat for 10 minutes on both sides. Transfer onto chopping board and cut into thin strips.
6. Top pasta with chicken and sprinkle with tomatoes and parsley on top. Serve.

Nutrition:

655 Calories

38g Fat 31g Protein

Chow Mein from Panda Express

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

Ingredients:

- 8 quarts water
- 12 ounces Yakisoba noodles
- ¼ cup soy sauce
- 3 garlic cloves, finely chopped
- 1 tablespoon brown sugar
- 2 teaspoons ginger, grated
- ¼ teaspoon white pepper, ground
- 2 tablespoons olive oil
- 1 onion, finely chopped
- 3 celery stalks, sliced on the bias
- 2 cups cabbage, chopped

Directions:

1. In a pot, boil water. Cook Yakisoba noodles for about 1 minute until noodles separate. Drain and set aside.
2. Combine soy sauce, garlic, brown sugar, ginger, and white pepper in a bowl.
3. Using a pan, cook oil on medium-high heat. Sauté onion and celery for 3 minutes or until soft. Stir-fry cabbage for an additional minute. Mix in noodles and soy sauce mixture. Cook for 2 minutes, stirring continuously until noodles are well-coated.
4. Transfer into bowls. Serve.

Nutrition:

382 Calories

8g Fat

14g Protein

Boston Market Mac n' Cheese

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 8

Ingredients:

- 8-ounce package spiral pasta
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- $\frac{3}{4}$ cups whole milk
- $\frac{1}{4}$ cups diced processed cheese like Velveeta™
- $\frac{1}{4}$ teaspoon dry mustard
- $\frac{1}{2}$ tsp. onion powder
- 1 tsp. salt and pepper, to taste

Directions:

1. Cook pasta according to package. Drain, then set aside.
2. To prepare sauce make the roux with flour and butter over medium-low heat in a large deep skillet. Add milk and whisk until well blended. Add cheese, mustard, salt, and pepper. Keep stirring until smooth.
3. Once pasta is cooked, transfer to a serving bowl. Pour cheese mixture on top. Toss to combine. Serve warm.

Nutrition:

319 Calories

17g Fat

17g Protein

Three Cheese Chicken Penne from Applebee's

Preparation Time: 10 minutes

Cooking Time: 1 hour

Servings: 4

Ingredients:

- 2 boneless skinless chicken breasts
- 1 cup Italian salad dressing
- 3 cups penne pasta
- 6 tablespoons olive oil, divided
- 15 ounces Alfredo sauce
- 8 ounces combination mozzarella, Parmesan, and provolone cheeses, grated
- 4 Roma tomatoes, seeded and diced
- 4 tablespoons fresh basil, diced
- 2 cloves garlic, finely chopped
- Shredded parmesan cheese for serving

Directions:

1. Preheat oven to 350°F.
2. In a bowl, add chicken then drizzle with Italian dressing. Mix to coat chicken with dressing fully. Cover using plastic wrap and keep inside refrigerator overnight but, if you're in a hurry, at least 2 hours is fine.
3. Follow Directions: on package to cook penne pasta. Drain, then set aside.
4. Brush 3 tablespoons oil onto grates of grill then preheat to medium-high heat. Add marinated chicken onto grill, discarding the marinade. Cook chicken until both sides are fully cooked and internal temperature measures 165°F. Remove from grill. Set aside until cool enough to handle. Then, cut chicken into thin slices.
5. In a large bowl, add cooked noodles, Alfredo sauce, and grilled chicken. Mix until combined. Drizzle remaining oil onto large casserole pan, then pour noodle mixture inside. Sprinkle cheeses on top. Bake for 17 minutes. Remove from oven.
6. Mix tomatoes, basil, and garlic in a bowl. Add on top of pasta. Sprinkle parmesan cheese before serving.

Nutrition:
142 Calories
39g Fat
26g Protein

Pesto Cavatappi from Noodles & Company

Preparation Time: 5 minutes

Cooking Time: 20 minutes

Servings: 80

Ingredients:

- 4 quarts water
- 1 tablespoon salt
- 1-pound macaroni pasta
- 1 teaspoon olive oil
- 1 large tomato, finely chopped
- 4-ounce mushrooms, finely chopped
- ¼ cup chicken broth
- ¼ cup dry white wine
- ¼ cup heavy cream
- 1 cup pesto
- 1 cup Parmesan cheese, grated

Directions:

1. Add water and salt to a pot. Bring to a boil. Put in pasta and cook for 10 minutes or until al dente. Drain and set aside.
2. In a pan, heat oil. Sauté tomatoes and mushrooms for 5 minutes. Pour in broth, wine, and cream. Bring to a boil. Lower heat to medium then simmer for 2 minutes. Mix in pesto and cook for another 2 minutes. Toss in pasta. Mix until fully coated.
3. Transfer onto plates and sprinkle with Parmesan cheese.

Nutrition:

637 Calories

42g Fat

19g Protein

Bucatini with Winter Pesto and Sweet Potatoes

Preparation Time: 10 minutes

Cooking Time: 18 minutes

Servings: 4

Ingredients:

- 1 large sweet potato
- 1 medium red onion
- 1/3 cups olive oil
- 4 cups torn kale
- 1/2 cup fresh flat-leaf parsley
- 2 oz. grated Parmesan cheese
- 1 clove garlic
- 2 tsp. lemon zest
- 12 oz. bucatini

Directions:

1. Preheat oven to 425F. On a rimmed baking sheet, toss potato, onion and 2 tablespoons of oil together.
2. Season with pepper and salt. Bake, stirring once, for 24 to 26 minutes until potato and onion are tender.
3. In the meantime, put the kale and parsley in a food processor. Pulse four to five times, until chopped.
4. Add parmesan, lemon zest, garlic and juice.
5. Pulse, scrape down the sides as needed, 10 to 12 times until finely chopped.
6. With the machine running, add over the feed tube slowly the remaining 1/3 cup oil. Season with pepper and salt.
7. Cook pasta following to the instructions of the package, and reserve 1/4 cup of pasta water before draining.
8. Toss plates of pasta with roasted vegetables, pesto, and water for pasta.
9. Serve topped with pine and Parmesan nuts.

Nutrition:

243 Calories

17g Fat

10g Protein

Olive garden Turkey Meatballs over Zucchini Noodles

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Servings: 4

Ingredient:

- 1 lb. ground turkey
- 1/4 cup seasoned dry breadcrumbs
- 1 pc. egg
- 3 tbsp. fresh flat-leaf parsley
- 1 1/2 oz. Parmesan cheese
- 2 garlic cloves
- 2 tbsp. extra-virgin olive oil
- 1 (25-oz.) jar marinara sauce
- 4 medium zucchinis
- 4 oz. Provolone cheese

Directions:

1. Combine each salt and pepper in a bowl with turkey, breadcrumbs, egg, parmesan, 1 garlic clove, and 1/2 teaspoon.
2. Form into meatballs of 12 (1 1/2" to 2"). Heat 1 tablespoon of oil over medium heat in a large skillet.
3. Attach the meatballs and cook for 4 to 6 minutes, turning occasionally, until brown on all sides.
4. Reduce heat in marinara to medium-low, and stir gently. Simmer until meatballs are cooked through and the sauce thickened, turning meatballs periodically, 14 to 16 minutes.
5. Meanwhile, over medium to high heat, heat remaining tablespoon oil in a medium skillet.
6. Add the zucchini and remaining garlic, and cook for 2 to 3 minutes until tender and moist. Salt and pepper to season.
7. In top spot, heat broiler to high with rack. Sprinkle over meatballs with provolone. Broil for 4 minutes. Serve the meatballs over Parmesan-topped noodles.

Nutrition:

246 Calories

17g Fat
9g Protein

Peiwei's Linguine Carbonara

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 4

Ingredients:

- 12 oz. linguine
- 6 oz. sliced bacon (cut into 1-inch pieces)
- 3 large egg yolks
- 1/2 c. freshly grated Parmesan
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1/2 c. chopped parsley

Directions:

1. Linguine to eat. Boil water for cooking then drains pasta.
2. Cook the bacon with medium-sized skillet. Transfer to a towel-lined sheet of paper.
3. Whisk egg yolks together, freshly grated Parmesan, and salt and pepper in a large bowl.
4. Little by little whisk warm cooking water in 1/4 cup reserved.
5. Add hot pasta and stir to coat, adding more water if the pasta appears dry.
6. Fold in the bacon and the chopped parsley. If needed, serve with lots of chopped pepper and extra Parmesan.

Nutrition:

256 Calories

14g Fat

10g Protein

Starbuck Grilled Ratatouille Linguine

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 4

Ingredients:

- 12 oz. linguine
- 2 small zucchinis, halved lengthwise
- 1 small eggplant, sliced lengthwise
- 1 red pepper, halved
- 1 yellow pepper, halved
- 1 red onion, cut into rounds
- 2 tbsp. olive oil
- Salt
- Pepper
- Grated Parmesan and chopped basil, if desired

Directions:

1. Heat to medium-high barbecue. Cook the linguine per directions for each kit.
2. Meanwhile, brush the zucchini, the eggplant, the peppers and the red oil onion and season each salt and pepper with 1/2 teaspoon.
3. Grill for 8 minutes both sides. Switch to a board to cut and cut into pieces.
4. Toss linguine with grilled vegetables and drizzle with as much oil as you wish.
5. Cover with finely diced basil and Parmesan.

Nutrition:

246 Calories

18g Fat

9g Protein

Spaghetti with No-Cook Heirloom Tomato Sauce

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Servings: 4

Ingredients:

- 1 lb. heirloom plum tomatoes (about 5)
- 1/4 c. extra virgin olive oil
- Kosher salt and black pepper
- 12 oz. whole-wheat spaghetti
- 2 cloves garlic, crushed
- 3/4 tsp. crushed red pepper
- 1/4 c. roasted almonds, coarsely chopped
- 1/4 c. chopped fresh basil
- 2 tbsp. chopped fresh parsley
- 1 oz. ricotta Salata, shaved with a peeler (about 1/2 c.)

Directions:

1. Chop 4 tomatoes thinly; move to broad olive oil bowl and 1/4 teaspoon salt.
2. As the label tells, Cook spaghetti. Reserve 1/4 cup water to cook; drain pasta.
3. Chop remaining tomatoes, meanwhile. Place with garlic, red pepper, 3 tablespoons of almonds and 1/2 teaspoon of salt in the food processor; purée until smooth.
4. Remove the tomatoes into a bowl. Add cooked spaghetti, basil and parsley; toss, if necessary, add some reserved water for pasta.
5. Divide pasta between bowls to serve. Top with remaining almonds and cheese.

Nutrition:

266 Calories

13g Fat

16g Carbohydrates

Cracker barrel's Black and Blue Burger

Preparation Time: 10 minutes

Cooking Time: 55 minutes

Servings: 4

Ingredients

For Black & Blue Burger:

- 2 pounds ground beef (premium chuck 80/20 blend)
- 1 kosher dill pickle, finely sliced
- 4 soft brioche buns, cut in half
- ¼ head iceberg lettuce, finely sliced
- 12 ounces blue cheese, such as Point Reyes
- 1 heirloom tomato, finely sliced
- ½ Vidalia onion, very finely sliced
- 8 slices applewood smoked bacon, cooked crispy
- ¼ cup canola oil

For Blackening Spice:

- 1 teaspoon cayenne
- 1 tablespoon fresh ground black pepper
- 2 teaspoons ground cumin
- 1 teaspoon paprika
- 2 teaspoons granulated onion
- 1 teaspoon Italian seasoning
- ½ teaspoon chili powder
- 1 teaspoon granulated garlic
- ½ teaspoon kosher salt

For Donkey Sauce:

- 1 cup mayonnaise
- 4 dashes of Worcestershire sauce
- 1 teaspoon yellow mustard
- ¼ cup roasted garlic, minced
- 4 pinches fresh ground black pepper
- ¼ teaspoon kosher salt

For Garlic Butter:

- 4 tablespoons unsalted butter (½ stick)
- 3 tablespoons fresh flat-leaf parsley, minced
- 6 garlic cloves, minced

Directions

1. For the blackening spice: Combine pepper together with cayenne, granulated onion, cumin, Italian seasoning, granulated garlic, chili powder, paprika & salt in a small-sized mixing bowl. Mix until blended well.
2. For the garlic butter: Over medium heat in a medium saucepan; heat the butter until melted. Add and cook the garlic for 5 to 6 minutes, until fragrant. Stir in the parsley. Set aside.
3. For donkey sauce: Combine the roasted garlic together with mayonnaise, mustard, Worcestershire, pepper and salt in a small mixing bowl; mix well. Cover & reserve. For the black & blue burger: Preheat a grill over medium-high heat.
4. Evenly divide the ground beef into eight portions; roll each into a loose ball, then flatten into a 4" patty. Place 2 ounces of the blue cheese on four of the patties. Cover with a second patty & gently seal the edges to form a stuffed patty approximately 1 ½" thick.
5. Season both sides of the stuffed patties with the blackening spice. Grill for a couple of minutes, until a crust has developed on the first side, spread approximately 3" apart. Carefully flip & continue to cook the other side for 2 minutes. Put each burger with 2 slices of bacon & 1 ounce of the leftover blue cheese. Cover with a piece of foil & cook until the cheese is completely melted, for 30 more seconds. Remove the burgers to a serving tray & let rest.
6. Glaze the sides of the brioche buns lightly with garlic butter & toast on the grill for a few seconds, until crisp & golden.
7. In assembling: Coat the buns with some donkey sauce. Place the bottom buns with a burger, pickles and onions then layer it. Top with lettuce and tomatoes. Cover with the bun tops & secure with wooden skewers. Serve immediately & enjoy.

Nutrition:

910 calories

61.3g total fats

42.6g protein

The Madlove Burger

Preparation Time: 25 minutes

Cooking Time: 1 hour and 20 minutes

Servings: 6

Ingredients

- For the Maple Bacon:
- 12 slices bacon
- 1/3 cup light brown sugar, packed
- ¼ cup pure maple syrup
- For the Candied Jalapenos:
- 2 large jalapeno peppers, sliced into rounds
- ¼ cup distilled white vinegar
- 1/3 cup granulated sugar

For the Burgers:

- 12 ounces ground beef chuck
- 6 ounces ground beef brisket
- 1/3 cup seltzer
- 6 ounces ground beef sirloin
- A pinch of Cajun seasoning
- 6 slices provolone cheese
- Unsalted butter, for spreading
- 6 slices mozzarella cheese
- 6 sesame brioche buns, split
- Freshly ground pepper & kosher salt to taste
- 6 slices Swiss cheese
- Vegetable oil, for the grill

Directions

1. For Maple Bacon: Preheat your oven to 275 F. Arrange the bacon on a rack set on a rimmed baking sheet. Bake for 30 minutes; brush with some maple syrup & sprinkle with the brown sugar. Continue to bake until the sugar melts & the bacon is glazed. Let cool.
2. For Candied Jalapenos: Combine jalapenos together with vinegar and granulated sugar in a small bowl; set aside.
3. For Burgers: Preheat a grill pan or grill over high heat & brush the

grates with the vegetable oil. Combine beef chuck together with brisket and sirloin, Cajun seasoning, seltzer & a pinch each of pepper and salt in a large bowl. Using your hands; mix until just combined. Make six patties, approximately ½” thick from the mixture.

4. Grill the burgers for 3 ½ minutes; flip & top each with a slice of Swiss cheese, provolone and mozzarella. Cover & cook for 2 ½ minutes more. Grease the cut sides of the buns & grill for a minute, until warm.
5. Serve and garnish with the candied jalapenos, maple bacon, lettuce, avocado and tomato.

Nutrition:

887 calories

59g total fatsn43g protein

CHAPTER 7:

Meat Recipes

The Southern Charm Burger

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Servings: 4

Ingredients

- 2 pounds ground bison or beef
- 1 tablespoon Texas Pete or Tabasco
- 4 garlic cloves, minced
- 1 small onion, minced
- BBQ Sauce with Honey and Molasses for basting
- 8 ounces container pimento cheese spread
- 1 pc. green tomato
- ¼ cup corn meal, sprinkled with salt and pepper
- 1 large egg, beaten
- Pickled okra for condiments
- 8 Hearty Buns
- Nonstick cooking spray

Directions

1. Preheat oven at 350 degrees. Mix the egg with a small amount of water in a shallow bowl & then, season with pepper and salt to taste. Place the corn meal out onto a medium-sized plate.
2. Before cooking, soak the tomato slices into the egg and then press into the corn meal; ensure that the outside is nicely coated. Place the slices onto the baking sheet lightly coated with the cooking spray. Spray tops of tomatoes with the cooking spray. Bake for 13 minutes, turning once during the baking process.
3. Combine the ground beef together with onions, tabasco, and garlic in a large-sized mixing bowl. Season the meat well; combine

thoroughly. Make 8 even-sized patties from the mixture. Baste with the BBQ Sauce & grill until you get your desired doneness.

4. Just about a minute before you remove the patties from grill, place a portion of pimento cheese spread on top of burgers using a cookie scoop. For even melting; press the cheese down using a large spatula. Place one “fried” green tomato over each bun, top with burger and garnish with your favorite condiments.

Nutrition:

893 calories

58g total fats

40g protein

Ihop's Banzai Burger

Preparation Time: 15 minutes

Cooking Time: 50 minutes

Servings: 2

Ingredients

- 1 large beefsteak tomato, cut into slices
- 2 beef patties
- 1 batch Homemade Teriyaki Sauce
- Fresh lettuce, shredded
- 4 pineapple rings
- Mayonnaise
- 2 slices of cheddar cheese
- Pepper & salt to taste

Directions

1. Brush the beef patties on both sides with teriyaki sauce. Grill until you get your desired doneness; basting occasionally with the teriyaki sauce. Situate cheese on top near the end to melt. Brush the pineapple rings on both sides with the teriyaki sauce & grill for a minute on each side.
2. Lightly toast the hamburger buns. Place the patties over the bottom bun, place two slices of tomatoes & then two pineapple rings on top. Brush the pineapple rings with more of teriyaki sauce. Top with the shredded lettuce. Lay out generous amount of mayonnaise on the top bun & place it on the hamburger. Serve immediately and enjoy.

Nutrition:

911 calories

60.3g total fats

41.9g protein

Mcdonald's Burnin' Love Burger

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 1

Ingredients

- 1 jalapeno Kaiser cornmeal roll
- Chipotle mayonnaise
- 1/3-pound ground beef 80% lean or above, made into a patty
- Iceberg lettuce shredded
- Cayenne seasoning
- 2 slices pepper-jack cheese
- Salsa
- 1 tomato vine ripened, sliced
- Fresh Jalapeno rings or battered & fried
- Pepper & salt to taste

Directions

1. For Chipotle Mayonnaise:
2. Combine the mayonnaise with pureed chipotle peppers, pepper and salt to taste. To enhance the flavor; refrigerate for an hour.
3. For the Salsa:
4. Enhance your favorite store-bought salsa with fresh finely chopped tomatoes, cilantro, red onion, jalapenos and Serrano peppers.

For the Burger:

1. Season the patty with cayenne, pepper and salt to taste. Oil the grill grates & preheat it.
2. Grill the patty for a couple of seconds; flip and grill the other side too until cooked through. Remove the burger from grill & top with the pepper-jack cheese. Grill for two more minutes until the cheese is completely melted. Toast the bun on the grill until turn golden brown.
3. Lay out chipotle mayonnaise on both sides of your toasted bun. Place the burger on the bun & top with sliced tomato, jalapenos, salsa & shredded lettuce. Cover with the bun top; serve immediately & enjoy.

Nutrition:

897 calories

58.9g total fats

40.9g protein

Starbuck Red Robin Burger

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 4

Ingredients

- 4 toasted buns or 4 toast
- 1 ½ pounds lean hamburger
- 4 large eggs, fried over-medium
- Fresh coarse ground black pepper & seasoning salt to taste
- 8 slices American cheese
- ketchup
- 4 slices bacon, cooked and cut in half
- Fresh lettuce
- 4 slices tomatoes
- Mayonnaise

Directions

1. Cook the bacon until done; set aside to cool. Once done; break into half. Make 4 even-sized patties from of the beef and then season with pepper and salt to taste; pan-fry or grill in a small amount of bacon fat until done.
2. Place each patty with a slice of cheese, cover lightly & set aside. Fry the eggs to your liking sunny-side up, over medium heat. Toast the buns. When done; set aside. Assemble your burger in the following order:
3. Bottom bun next slice of cheese, fried egg, a small amount of ketchup, 2 pieces of bacon, tomato, fresh lettuce & top the bun, spread with mayo.
4. Serve with French fries or hash browns and enjoy.

Nutrition:

904 calories

62.4g total fats

40.1g protein

Sautéed Mushroom Burger

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 4

Ingredients

- 1 lb. ground hamburger
- Garlic salt to taste
- Onion powder to taste
- Seasoned salt to taste
- 2 c. sliced mushrooms
- 1 tbsp. butter
- ½ onion caramelized
- 4 slices Swiss cheese
- Lettuce

Directions

1. Preheat your grill over medium-high heat. Evenly divide the hamburger into eight balls. Flatten & season both sides with pepper & salt to taste. Grill until you get your desired doneness. Once done; remove them from the heat. Caramelize the onions & sauté the mushrooms with butter until tender; set aside. Once burger is done, top with onions, lettuce, mushrooms, & cheese.

Nutrition:

891 calories

58.9g total fats

37.9g protein

Whisky River Burger

Preparation Time: 20 minutes

Cooking Time: 20 minutes

Servings: 6

Ingredients

- 2 pounds 80/20 ground beef
- 6 slices of cheddar cheese
- Oil, for brushing the burgers
- 12 tablespoon mayonnaise
- Onion rings, thin & crispy
- 6 seeded hamburger buns
- Bourbon whiskey BBQ sauce
- 2 cups fresh lettuce, chopped
- 12 slices tomato

Directions

2. Preheat the charcoal grill over high heat until it glows bright orange & ashes over.
3. In the meantime, make 6 even-sized patties from the ground beef. Lightly brush the burgers with oil.
4. Grill the burgers for 7 minutes. Flip & continue cooking until you get your desired level of doneness. Drizzle the Bourbon Whiskey BBQ Sauce over the burgers & place one slice of cheese on each burger. Cook a minute more. Remove from the heat; set aside and assemble the burgers.
5. Layer the cut side of both parts of the bun with approximately 1 tablespoon of mayonnaise on each half. Place the Onion Rings over the cut side of the bottom bun portion. Add the burger with cheese and sauce. Top with lettuce and tomatoes. Serve immediately & enjoy.

Nutrition:

893 calories

57.8g total fats

40.4g protein

Cracker barrel's Tuscan Butter Burger

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Servings: 4

Ingredients

For the Chicken Burgers

- 1 cup panko
- 1 ½ pounds ground chicken
- 4 green onions, minced
- 2 tablespoon extra-virgin olive oil
- 1 teaspoon Himalayan pink salt, black pepper, garlic blend

For the Tuscan Butter Sauce

- ¼ cup Parmesan, finely grated
- 2 tablespoon butter
- ½ cup heavy cream
- 1 tablespoon tomato paste
- ¼ teaspoon Himalayan pink salt, black pepper, garlic blend

For Assembly

- 4 seeded hamburger buns, split & lightly toasted
- 1 cup large basil leaves, fresh
- 1 jar oil-packed sun-dried tomatoes (7-ounces), drained

Directions

1. For Chicken Burgers: Combine the chicken together with panko, green onions & 1 teaspoon Himalayan pink salt, garlic blend, black pepper in a medium bowl.
2. Cook oil over medium-high heat in a large skillet. Form 4 even-sized patties from the chicken mixture using slightly dampened hands, placing the patties carefully into the hot skillet. Cook for 8 to 10 minutes, until turn golden, flipping once during the cooking time. Remove the patties to a large plate; drain any excess oil.
3. For Tuscan butter Sauce: Place the skillet over medium-low heat & add butter & tomato paste. Cook for a minute, whisking frequently. Whisk in the Parmesan, heavy cream & ¼ teaspoon Himalayan

pink salt, black pepper, garlic blend. Bring the mixture to a simmer. Once done; decrease the heat to low & let simmer until parmesan is melted & the sauce is reduced slightly, for a couple of more minutes. Remove from the heat.

4. Place the burger patties on the bottom buns. Spoon the Tuscan butter sauce on top of patties and then top with sun-dried tomatoes and basil. Close the sandwich with top bun.

Nutrition:

897 calories

60g total fats 40g protein

Red lobster Four Cheese Melt

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 4

Ingredients

- 1 cup Asiago, shredded
- 2 tbsp. extra-virgin olive oil
- 1 garlic clove
- 8 slices of crusty Italian semolina bread
- 1 cup mozzarella
- ½ cup Romano or Parmesan, grated
- 1 cup provolone, shredded
- 3 tablespoons butter

Directions

1. Over medium low heat in a small skillet; heat the oil with butter. Once the butter is completely melted; add the garlic & gently cook for 2 to 3 minutes. Remove the garlic butter mixture from heat.
2. Now, over medium high heat in a large nonstick skillet. Brush 1 side of 4 slices of bread with garlic oil using a pastry brush & place the buttered side down into the hot skillet. Top each slice with equal amounts of the 4 cheeses; evenly distributing them over the 4 slices. Top each sandwich with a slice more of bread brushed with garlic butter, buttered side up. Flip the grill cheese sandwiches a couple of times until cheeses are melted & gooey and bread is

toasty & golden. Cut grilled 4 cheese sandwiches from corner to corner; serve and enjoy.

Nutrition:

904 calories

61g total fats

40.9g protein

Pub Mac N Cheese Entree

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Servings: 4

Ingredients

- 8 ounces dry pasta
- 2 tablespoon flour
- 4 tablespoon butter
- 6 ounces beer (we used an IPA)
- 1 tablespoon coarse-ground mustard
- ¼ cup milk
- 6 ounces sharp cheddar cheese, shredded
- 1 cup soft pretzel, diced into ¼” pieces
- 3 ounces Monterey jack cheese, shredded

Directions

1. Boil the pasta per the directions mentioned on the package Drain & set aside Now, over moderate heat in a large saucepan; heat 2 tablespoon of butter & mix in 2 tablespoons of flour; cook for a minute or two.
2. Add beer; give the ingredients a good stir until combined well. Add milk & cook until thickened slightly, for 5 minutes, stirring frequently. Add mustard & cheese; decreases the heat to low.
3. Now, over moderate heat in a separate pan; heat 2 tablespoon of butter & add in the chopped pretzels, stir to coat nicely with the butter. Combine pasta with cheese sauce; transfer to an oven safe container & bake for 15 minutes at 350 F.
4. Remove from the oven & sprinkle with pretzel pieces; place into the oven again & bake for 15 minutes more. Serve hot & enjoy.

Nutrition:

894 calories

55g total fats

37g protein

The Boss Burger

Preparation Time: 15 minutes

Cooking Time: 25 minutes

Servings: 3

Ingredients

- 1-pound ground beef
- 3 cheese slices
- Worcestershire sauce
- 3 fried eggs
- canned green chilis or Verde green sauce (any of your favorite)
- 6 bacon slices, cooked until crisp
- Pico de Gallo
- 3 burger buns
- Pepper & salt to taste

Directions

1. Heat your grill over high heat. Season the ground beef with dashes of Worcestershire sauce, pepper & salt. Make 3 patties from the mixture & cook until you get your desired level of doneness. During the last minute of your cooking time; top each burger with a cheese slice. Place on a bun topped with an egg, bacon, a big scoop of Pico de Gallo & a scoop of Verde sauce.
2. Serve immediately & enjoy.

Nutrition:

889 calories

60g total fats

40g protein

Alex's Santa Fe Burger

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 4

Ingredients

For Burgers:

- 12 yellow or blue corn tortilla chips
- 1 poblano chili, large
- 4 hamburger buns, split; toasted
- 1 ½ pounds 80% lean ground chuck or 90% lean ground turkey
- 2 ½ tablespoons canola oil

For Queso Sauce:

- 1 tablespoon all-purpose flour
- 2 cups Monterey Jack cheese, coarsely grated (approximately 8 ounces)
- 1 tablespoon unsalted butter
- 1 ½ cups whole milk

Directions

1. Preheat oven to 375 F. Put the chili on a rimmed baking sheet; rub with a tablespoon of the oil & then season with pepper and salt to taste. Roast in the preheated oven for 12 to 15 minutes, until the skin of the chili is blackened. Remove & place the chili in a large bowl; cover using a plastic wrap & let steam for 12 to 15 more minutes. Peel, stem & seed the chili then chop it coarsely.
2. For Queso Sauce: Heat the butter over medium heat in a small saucepan until completely melted. Mix in the flour then cook for a minute. Add the milk; stir well and increase the heat to high; cook for 3 to 5 minutes, until thickened slightly, whisking constantly. Remove from the heat & whisk in the cheese until melted then season with pepper and salt. Try to keep it warm.
3. Evenly divide the meat into 4 portions. Loosely form each portion into a ¾" thick burger & make a deep depression in the middle with your thumb. Sprinkle both sides of each burger with pepper and salt. Cook the burgers in the leftover oil

4. Situate burgers on the bun bottoms & top each with chips, a few tablespoons of queso sauce & some of the poblano. Cover with the bun tops; serve immediately & enjoy.
5. For Toasted Burger Buns:
6. To toast a bun on a grill, griddle or grill pan; split the bun open and situate it on the grill, cut side down; grill for a couple of seconds, until turn golden brown lightly.

Nutrition:

891 calories

62g total fats

41g protein

Chili's Avocado Beef Burger

Preparation Time: 20 minutes

Cooking Time: 20 minutes

Servings: 4

Ingredients

- 1-pound ground beef
- 8 sliced crispy cooked bacon
- 1 teaspoon Worcestershire sauce
- Tomato slices
- ¼ teaspoon dried thyme
- Onion Slices
- 1 teaspoon Tabasco sauce
- 4 slices of American cheese
- Mayonnaise
- 2 avocados
- Fresh Lettuce
- 4 sesame burger buns
- Pepper & salt to taste

Directions

1. Season the ground beef with Tabasco, Worcestershire sauce, thyme, pepper and salt. Lightly toss the ingredients using a fork until combined well. Make 4 palm sized beef patties from the mixture.
2. Prepare your grill pan over moderate heat. When done, place the beef patty over the pan & grill until you get your desired level of doneness, for 4 to 5 minutes per side. In the meantime; mash the avocado & season with pepper and salt. Add a small amount of spice, if desired.
3. When done, layer the bottom half of the bun with the mayonnaise, onion, lettuce and tomato. Add the hot beef patty on top & then add on the cheese. Layer it with avocado & finally a few pieces of crispy bacon. Top it off with the top of the bun; serve immediately & enjoy.

Nutrition:

907 calories

61g total fats
40g protein

Chili's 1975 Soft Tacos

Preparation Time: 20 minutes

Cooking Time: 12 hours and 15 minutes

Servings: 6

Ingredients

- 1 ½ pounds beef chuck pot roast, fat trimmed
- 12 corn tortillas (6" each)
- 5 teaspoons chili powder
- 2 jars mild or medium tomato-based salsa (16 ounces each)
- 3 cups fresh lettuce, shredded
- 1 avocado
- 2 tablespoons cider vinegar
- ¾ cup sour cream

Directions

1. Spoon a cup of salsa into a small bowl & reserve. Combine the leftover salsa with chili powder and vinegar in a slow cooker. Add beef; cover & cook for 10 to 12 hours on low-heat, until the beef shreds easily. Shred the meat, using two forks & spoon into a large-sized serving bowl.
2. Preheat oven to 300 F. Stack the tortillas, wrap in foil & bake in the preheated oven for 8 to 10 minutes, until warm. Place lettuce and sour cream in bowls. Just before serving; pit, peel & dice the avocado & place in a small bowl. Put out the bowls (including the salsa) & assemble tacos at table.

Nutrition:

901 calories

62g total fats

42g protein

Spicy Shrimp Tacos

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 2

Ingredients

- 6 to 8 shrimp peeled, de-veined, with tails off (3 to 4 per taco)
- 2 slices avocado
- 1/3 cup cabbage, finely shredded
- 2 flour tortillas, small
- 1 tablespoon Sriracha
- 2 tablespoon mayonnaise
- ½ tablespoon Thai Sweet Chili Sauce
- 1-2 tablespoon olive oil
- A pinch each of chili powder, ground black pepper & salt

Directions

1. Wipe the surface of a grill pan with olive oil and heat it over medium-high heat. Season the shrimp with the chili powder, pepper and salt then grill until done, for 3 to 5 minutes.
2. Combine the mayo together with Sriracha and sweet chili sauce in a small bowl.
3. Warm the tortillas & place half of the cabbage on each. Drizzle half of the sauce on each taco and then top with the shrimp. Serve immediately; garnished with the avocado & enjoy.

Nutrition:

911 calories

63g total fats

39g protein

Ranchero Chicken Tacos

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 8

Ingredients

- Cheddar cheese, shredded
- Flour tortillas
- Chicken breast, sliced

For Ranchero Sauce

- 2 garlic cloves, chopped
- 1 Serrano or jalapeno chili, seeded & diced
- ¼ cup of chopped onion
- 3 cups tomatoes, diced
- ½ teaspoon ground chili
- 1 tablespoon oregano
- 2 tablespoons cooking oil

Directions

For Ranchero Sauce:

1. Over moderate heat in a large saucepan; heat the oil until hot & then sauté the onions, garlic and Serrano for a couple of minutes.
2. Decrease the heat & add in the tomatoes; stir well & cook until the tomatoes have wilted, for 5 to 6 minutes. Add the seasonings & let simmer for 5 minutes more.

For Quesadilla

1. Sauté or grill the chicken. Mix the chicken with the prepared sauce. Butter the outside of your tortilla. Add the chicken-ranchero sauce filling and cheese. Fold the tortilla & cook in a hot skillet.
2. Serve hot & enjoy.

Nutrition:

869 calories

58g total fats

38g protein

Beef Bacon Ranch Quesadillas

Preparation Time: 25 minutes

Cooking Time: 35 minutes

Servings: 4

Ingredients

- 1 package cooked bacon, finely chopped
- Ranch dressing bottled
- 1 package Mexican cheese or cheddar, shredded
- 4 chicken breasts (baked or grilled), finely chopped
- 1-2 packages whole-grain or tortillas flour

Directions

1. While you are baking or grilling the chicken until completely cooked, brown the bacon in a large skillet until turn golden brown and cooked through; set aside at room temperature to cool.
2. Finely chop the chicken and bacon. Using low-fat cooking spray; lightly coat your heated griddle & place two tortillas down to brown. Lightly drizzle the ranch over the tortillas.
3. Sprinkle the chicken and bacon onto the ranch, top with the shredded cheese. Place a tortilla on top, smooch down with your hand to set it together, & carefully flip. Once browned, pull them out from the heat and transfer them onto a large plate.
4. Once done, cut each one up into triangle sections using a super-sharp knife or pizza cutter, roughly eight triangles per tortilla.

Nutrition:

879 calories

55g total fats

38g protein

CHAPTER 8:

Soup and Bowl Recipes

Ushio Jiru by Panda Express

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 4

Ingredients:

- One unit of Kombu
- One tablespoon of sake
- Four cups of water
- One pound of Manila clams
- Two-three strands of mitsuba
- Kosher salt as per taste

Directions:

1. De-grit the clams. Clean them thoroughly. In a saucepan, add water, clams, and the Kombu. Place the saucepan on medium flame. When the water has reached a point where it is almost boiling, take the Kombu out. Turn the flame down. Add sake to the saucepan when all of the clams have opened up—season with kosher salt as per taste. Make sure you don't cook them for too long otherwise, the clams will become hard.

Nutrition:

98 Calories

4g Carbs

17g Protein

Japanese Turnip Miso Soup

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 2

Ingredients:

- ½ cups of water
- Two tablespoons of miso
- Half an aburaage
- One Japanese turnip

Directions:

1. Peel the turnip properly, and don't forget to cut off its ends. Make thin slices after cutting the turnip in half. Blanch the aburaage in boiling water for about twenty seconds, flipping a couple of times so that the oil is eliminated. After that, cut it in half, and make thin slices from only half of it.
2. Take a small-sized saucepan and, in it, add the water, aburaage, and sliced turnips. Let it boil and slightly covered. After that, allow the mixture to simmer for about five minutes, and the turnips will slowly become transparent.
3. If you prefer to have some greens, you can quickly chop the leaves of the turnip and add them too. Add the miso in the ladle, and then with the help of a fork or chopsticks, slowly mix it in the soup. Serve and enjoy!

Nutrition:

142 Calories

22g Carbs

9.8g Protein

Kenchinjiru by Chilli

Preparation Time: 10 minutes

Cooking Time: 50 minutes

Servings: 4 servings

Ingredients:

For the dashi,

- Five cups of water
- One Kombu
- One cup of water (for the shiitake mushrooms)
- Three shiitake mushrooms (dried)
- For the soup,
- Two inches of daikon radish
- Half a pack of konnyaku
- Seven ounces of firm tofu
- Three Taro
- One carrot
- Half a gobo
- Two scallions/green onions
- Japanese sansho pepper
- Shichimi Togarashi
- For the seasonings,
- Two tablespoons of soy sauce
- Three tablespoons of sake
- One tablespoon of roasted sesame oil
- Half a teaspoon of kosher salt

Directions:

1. Soak the Kombu overnight in five cups of water. The next day, boil the water, and just before it arrives at the boiling point, take the Kombu out. Cover the shiitake mushrooms with water in a bowl. The mushrooms have to be submerged.
2. Wrap block of tofu using a paper towel, and in order to press it, place a plate on it for half an hour. It will drain the tofu. Cut the konnyaku into small chunks and then boil them for three minutes. Drain and keep them aside. Make small slices of carrot, daikon, and Taro. The gobo skin has to be peeled, and after slicing, soak

them for five minutes in water.

3. Now, squeeze water out of the shiitake mushrooms and pass the water through a sieve. Your shiitake dashi is ready. The stem of the shiitake mushrooms will have to be discarded, and the top should be chopped into small pieces.
4. In a large-sized pot, add sesame oil and heat. Add konnyaku, gobo, Taro, carrot, and daikon, and sauté. Add the mushrooms. Add the tofu after tearing it into pieces with your fingers. Sauté everything nicely.
5. Lastly, add the kombu dashi and the shiitake dashi and boil the mixture. Simmer for ten minutes. The foam must be skimmed off. After about ten more minutes, add salt and sake. Then, add soy sauce. Before serving, garnish with Sansho Pepper, Shichimi Togarashi, and chopped scallions.

Nutrition:

67 Calories

8g Carbs

2g Protein

2g Fat

Ihop's Corn Potage

Preparation Time: 15 minutes

Cooking Time: 1 hour

Servings: 4

Ingredients:

- One cup each of Heavy whipping cream
- One cup Milk
- Three cups of water
- One and a half teaspoons of butter (unsalted)
- Half an onion, sliced
- One-fourth teaspoon of paprika
- One tablespoon of olive oil
- Four ears of corn (or three cups of frozen corn)
- Parsley (garnish)
- Kosher or sea salt

Directions:

1. Preheat your oven to 450 degrees Fahrenheit. Cut off the corn kernels then transfer on a rimmed baking sheet. Save the cobs for later use.
2. Mix the paprika, salt, and olive oil with the corn kernels and spread it out evenly on the baking sheet. Grill them in the oven for about fifteen minutes and then set aside.
3. In the meantime, add some butter into a heavy-bottomed pan. When butter melts, stir in the sliced onions with some salt and sauté for a couple of minutes so that it turns translucent.
4. Add in the roasted kernels, water, and the reserved cobs. Bring the mixture to a boil. Cover and lower the heat to medium-low. Let it to simmer for about fifteen minutes and then remove the cobs.
5. Blend the mixture using an immersion blender until it gets smooth and creamy and then strain it through a fine-mesh.
6. Then, add milk and heavy cream into the soup and stir. Season with black pepper and salt and serve. You can add the parsley and olive oil and/or heavy cream as a garnish and serve hot or chilled.

Nutrition:

122.6 Calories

13.7g Carbs

3.9g Protein

6.5g Fat

Peiwei's Tonjiru

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Servings: 4

Ingredients:

For the soup,

- Seven ounces of tofu (medium-firm), cut into half-inch cubes
- One teaspoon of ginger, peeled and grated
- One piece of aburaage, cut into thin slices
- One Negi, sliced diagonally
 - ounces of konnyaku, cut into thin rectangular pieces
- Four ounces of carrots, peeled and cut into thin slices
- Nine ounces of daikon radish, peeled and cut into 1/8-inch slices
- One onion, cut into thin slices
- Eight ounces of Taro, peeled and cut into 1/3-inch slices
- Four ounces of gobo
- Ten ounces of pork belly, sliced into one-inch pieces
- For making the soup,
- Six tablespoons of miso
- Six cups of dashi
- One tablespoon of roasted sesame oil
- To garnish,
- Shichimi togarashi (optional)
- One scallion or green onion, cut into thin small rounds

Directions:

1. Peel the outer skin of the gobo. Make a one-inch deep cross incision at one end of the gobo.
2. Rub one-fourth teaspoon of salt over the cut konnyaku pieces and leave it for five minutes. Then, place it into boiling water and cook for two to three minutes.
3. Heat sesame oil in a large pot over medium heat and add the pork belly into it. Stir fry the pork until it's no longer pinks in color. Add the onion, carrot, and daikon and stir. Add in the Taro, gobo, Negi, aburaage, and konnyaku. Stir in enough dashi to cover the ingredients.

4. Cover and let the mixture boil. Decrease the heat when boiling and remove the fat and scum from the soup. Cover and let it simmer for ten to fifteen minutes so that the root vegetables get soft.
5. Add the miso right before serving to enhance the flavor of the soup. Then, tear the tofu into pieces and add them into the soup along with the ginger. Add some green onions on the top and serve.
6. Nutrition:

121 Calories .3g Carbs 5.5g Protein 8.4g Fat

Matsutake Clear Soup

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Servings: 2

Ingredients:

- Four stalks of Mitsuha
 - ounces of tofu (soft or silken), cut into small cubes
- One matsutake mushroom, cut into thin slices
- Yuzu zest
- Four Temari Fu (optional)
- For the dashi,
 - 0.4 ounces of katsuobushi
 - 0.2 ounces of kombu
 - Two cups of water
- For seasoning,
 - Two teaspoons each of
 - Soy sauce
 - Mirin
 - One tablespoon of sake
 - Half a teaspoon of salt

Directions:

1. Use a damp towel to clean the matsutake mushrooms. Remember that you shouldn't wash them. Cut off and remove a thin slice of the stem of the mushroom then cut into thin slices.
2. Clean the dashi kombu using a clean cloth. The white powdery substance increases the flavor of the umami in the dashi, so leave it on. Don't wash the dashi.
3. Take water in a medium-sized saucepan and add the kombu in it. Slowly heat in on medium-low heat. You can also dip it in water for up to half a day if you have time. Soaking it helps bring out the kombu's flavor naturally.
4. Add in the katsuobushi when it starts boiling. Allow it to simmer for thirty seconds and then turn off the heat. Line a sieve with a paper towel and keep it over a bowl. Strain the dashi into the bowl. Twist and squeeze the paper towel and release any excess dashi

into the bowl.

5. Add the dashi into a saucepan and boil it. Add in the soy sauce, mirin, sake, and salt. Then, add in the tofu and the mushrooms and cook for two to three minutes. Add the Temari fu in water to allow it to hydrate. When it gets soft, squeeze out the water and transfer it into a serving bowl.
6. Take two mitsuba stalks and tie them into a knot. Before serving, add the two knotted mitsuba stalks into the soup.

Nutrition:

241 Calories

21g Carbs

4.1g Protein

16g Fat

Tofu and Japanese Pumpkin Soup

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Servings: 4

Ingredients:

- 7 ounces of mixed mushrooms, trimmed and sliced
- 3 ounces of baby spinach
 - 3 ounces of tofu (silken firm), cut into half-inch cubes
- Two tablespoons of mirin
- One-fourth cup of soy sauce
- Two sachets of instant dashi powder (0.7 ounces)
- 35 ounces of butternut pumpkin, peeled and cut into half-inch cubes
- Sesame seeds (toasted) and sesame oil, to serve

Directions:

1. Add six cups of slightly salted water into a saucepan placed over medium heat. Add in the pumpkin and simmer for ten to fifteen minutes so that they just soft. Add in the mirin, soy sauce, dashi powder, and tofu and let it simmer for five minutes. Mix in the mushrooms and spinach and cook for thirty seconds so that they wilt. Take it away from the heat. Transfer the soup into serving bowls and drizzle some sesame oil and top with toasted sesame seeds.

Nutrition:

145 Calories

11g Protein

3g Fat

4g Fiber

Mcdonald's Champon

Preparation Time: 15 minutes

Cooking Time: 40 minutes

Servings: 2

Ingredients:

- For preparing the soup,
- Two cups of chicken broth
- One tablespoon each of
- Sake
- Soy sauce
- A quarter cup of milk (whole)
- Half a teaspoon of salt
- One cup of dashi
- One teaspoon of sugar
- One-eighth teaspoon of pepper powder (white)
- For preparing meat and the seafood,
- Two ounces each of
- Pork belly (two slices)
- Squid
- One teaspoon of soy sauce
- Two and a half ounces of shrimp
- One tablespoon of sake
- For the vegetables and other ingredients,
- Six pieces of ear mushrooms (dried wood)
- A quarter of an onion
- One ounce of snow pea
- Four ounces of bean sprouts
- Black pepper (ground freshly)
- Eleven ounces of Champon noodles
- Two inches of carrot
- Five ounces of cabbage
- A one-third of fish cake (kamaboko)
- One tablespoon of roasted sesame oil
- One-eighth teaspoon of salt

Directions:

2. Add the chicken broth (two cups) and the dashi (one cup) in a pot. Combine them with a spoon. To this mixture, add soy sauce, sake, and granulated sugar (one teaspoon). Allow them to cook.
3. Once they start boiling, add the milk and white pepper. Slice the pork belly into pieces of one inch. Add soy sauce and sake (each of one teaspoon) to it. Place the shrimp, squid, and two teaspoons of sake in the bowl. Set aside for about five minutes.
4. Slice the squid by moving the knife diagonally (make parallel lines). You can make simple incisions on the flesh.
5. Take another bowl and add then the mushrooms. Pour enough water in the bowl to immerse the mushroom pieces. Rehydrate the mushrooms to soften them and then squeeze out the extra water. Slice into pieces.
6. Make thin slabs of the carrot and then half the slices vertically. Chop the onion. Discarding the core of cabbage, cut them into cubes. Cut the snow peas into halves after removing the strings from them. Make thin slices of the kamaboko fish.
7. Place a wok over moderate to high heat and add sesame oil to it. After the oil starts to boil, add pork belly pieces and cook until they brown. Add the squid and the shrimp pieces to it and cook until they become opaque.
8. Stir in carrot and onion. Add mushroom and cabbage, and keep stirring for one minute. Stir in the bean sprouts, the snow peas, and fish—Cook for an additional minute. Sprinkle pepper and then toss them to combine. Add the soup to the wok and then adjust the salt by tasting it.
9. Prepare the noodles: Cut the packet, take the noodles out, and then separate them, place a large pan over a moderate flame, and pour water. Put the noodle strips in it—Cook noodles and place in a bowl. Top the noodles with the soup and other toppings. Serve them warm.

Nutrition:

522 Calories

23g Protein

18g Fat

Soba Noodles with Miso Salmon

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 4

Ingredients:

- Two bunches of broccolini (cut into halves lengthwise after trimming)
- One tablespoon of mirin
 - tablespoons of white miso paste
- One packet of soba noodles (8 oz.)
- Two teaspoons of sake
- One teaspoon each of
 - Sesame oil
 - Caster sugar
- 17.5 oz. of salmon fillets (boned and skinned)
- One cup of red cabbage (sliced thinly)
- Three cups of mesclun leaves
- For serving – mixed sesame seeds
- For the ponzu dressing,
 - A quarter cup of soy sauce
 - Juice of half a lemon
 - One tablespoon each of
 - Mirin
 - Sake

Directions:

1. In a large-sized saucepan, boil water and add some salt in it—Cook the soba noodles. Add the broccolini in the noodles just two minutes before completion. Drain and keep the noodles aside. Set your grill on high. In a small-sized bowl, combine mirin, miso, sugar, sake, and sesame oil.
2. Take a baking tray and use foil to line the tray. Place the fillets of salmon on the tray. Take the miso mixture and brush it on the fillets. Grill the salmon for about five minutes, and they should become lightly charred. Keep them aside for five minutes. Flake them roughly.

3. Now, take a large-sized bowl and combine the dressing along with the noodles and broccolini. Add the mesclun leaves too. Toss everything well and divide into serving bowls. Top with sesame seeds and grilled salmon before serving.

Nutrition:

413 Calories

13g Protein

25g Fat

Egg and Pork Curry Soup with Udon Noodles

Preparation Time: 10 minutes

Cooking Time: 50 minutes

Servings: 4

Ingredients:

- One tablespoon of sunflower oil
- Half a cup of unsalted butter
- Two green shallots (long, shredded green parts, chopped white parts)
- Two-thirds cup of plain flour
- Eight cups of beef stock
- ½ tablespoons of curry powder
- One teaspoon of dark soy sauce
- One tablespoon each of
 - Sake
 - Mirin
- Four eggs (must be kept at room temperature)
- Five ounces of udon noodles
- For serving – bonito flakes and nori sheets
- For the pork,
 - Two tablespoons of sake
 - Two teaspoons of raw sugar
 - One tablespoon each of
 - Dark soy sauce
 - Mirin
 - ½ inches of ginger (grated finely)
 - Two tablespoons of sunflower oil
 - 17.5 ounces of minced pork

Directions:

2. Heat the stock and keep it aside. Take another saucepan and, in it, heat the oil—Cook the shallots for about three minutes. Then, add butter and stir. Stir in flour and cook for another three minutes.
3. Add curry powder and keep stirring for a minute. Then, add the hot stock into the mixture. If you can't add it at once, then add it in batches. Simmer. Add sake, soy sauce, and mirin, and mix them

well in the soup.

4. It is time to prepare the pork. Heat the oil. Add ginger and pork and break the pork with the help of a spoon. Keep cooking for five minutes. Incorporate the rest of the ingredients and cook for another three minutes.
5. Add water to another saucepan and boil the water. Add the eggs and cook them to your liking. Drain the water and keep the eggs in another bowl. Peel once it cools down.
6. Boil the soup again. Take the serving bowls and divide the soup and noodles evenly. Top the soup with halved eggs, pork mixture, nori, shredded shallot, and bonito. Serve.

Nutrition:

508 Calories 23.9g Protein 14.3g Fat

Ihop's Kitsune Udon

Preparation Time: 15 minutes

Cooking Time: 50 minutes

Servings: 2

Ingredients:

- Four pouches of Inari Age
- Two servings of udon noodles
- One scallion or green onion, sliced thinly
- One tablespoon each of
 - Usukuchi soy sauce
 - Mirin
- Two and a quarter cups of dashi
- One teaspoon of sugar
- Shichimi Togarashi (optional)
- Narutomaki (optional), cut into 1/8-inch pieces
- For the homemade dashi,
 - One and a half cups of katsuobushi
 - One kombu
 - Two and a half cups of water

Directions:

1. You can use store-bought dashi powder or make it on your own. To make the homemade dashi, add the kombu in two and a half cups of water then soak for 30 minutes. You can also soak it for three hours or up to half a day as it helps bring out the flavor of the kombu.
2. Add the kombu and water into a saucepan and boil it over medium-low heat. Discard the kombu just before the water starts boiling. The dashi will turn bitter and slimy if you keep the kombu in the water for too long while it is boiling.
3. Add in one and a half cups of katsuobushi and boil again. Lower the heat when the dashi is boiling and let it simmer for fifteen minutes and then turn off the heat. Allow the katsuobushi to sink to the bottom of the pan and then keep it for ten to fifteen minutes. Use a fine-mesh sieve to strain the dashi into a saucepan. Your homemade dashi is now ready.

4. Add the soy sauce, sugar, mirin, dashi, and salt into a saucepan and boil the mixture. Then, cover or turn off the heat and let it simmer.
5. Add the udon noodles into a large pot of water and boil it. Once it gets cooked, transfer it into a strainer and drain all the water.
6. Add the soup and the udon noodles equally into serving bowls and add the shichimi togarashi, green onions, narutomaki, and Inari Age as a garnish.

Nutrition:

413 Calories

10g Protein

15.5g Fat

Piranha Pale Ale Chili

Preparation Time: 40 minutes

Cooking Time: 40 minutes

Servings: 8

Ingredients

- 1 lb. each of ground beef & ground pork
- 2 tablespoons chili powder
- 1 bottle Piranha Pale Ale (12-ounce)
- 2 cups onion, diced
- 1 teaspoon ground black pepper
- ½ teaspoon cayenne
- 1 teaspoon garlic powder
- 2 cups water
- 1 can crushed tomatoes (15-ounce)
- ½ cup all-purpose flour
- 1 teaspoon dried thyme
- 2 cans pinto beans (15-ounce, along with the liquid)
- 1 tablespoon salt

For Garnish:

- 1 cups cheddar cheese, shredded
- ½ cup sour cream
- 1 cup Monterey Jack cheese, shredded
- ½ cup green onion, chopped

Directions

1. Brown the ground meats over medium heat in a large saucepan. Drain any excess fat off. Add onion followed by cayenne, garlic powder, chili powder, spices, black pepper, thyme, and salt; continue to sauté for 3 to 5 more minutes.
2. Combine flour with water & add the mixture to the pan.
3. Add the leftover ingredients to the hot pan; bring the chili to a simmer & let simmer for 1 ½ hours, uncovered, stirring occasionally.
4. Serve approximately 1 ¼ cups of the prepared chili in a carved-out round of sourdough bread or in a bowl. Combine the shredded

cheeses together & top the chili with approximately $\frac{1}{4}$ cup of the cheese blend followed by a tablespoon of the sour cream & garnish with a tablespoon of chopped green onions. Serve and enjoy.

Nutrition:

175 calories

30g carbs

24g protein

Tuscan Tomato Bisque

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 4

Ingredients

- 4 garlic cloves, crushed
- 1 can chicken broth (14 ½ ounce), undiluted
- 2 cans no-salt-added diced tomatoes (14 ½ ounce each), undrained
- 1 teaspoon olive oil
- 4 -5 teaspoons parmesan cheese, grated
- 1 tablespoon balsamic vinegar
- 2 ½ cups 1" French bread cubes (2 ½ slices)
- 1 ½ teaspoons parsley flakes, dried
- Olive oil flavored cooking spray
- 1 teaspoon oregano, dried
- ½ teaspoon pepper

Directions

1. Situate bread cubes on a baking sheet in 1 layer & coat the bread lightly with the cooking spray.
2. Bake until dry & toasted, for 8 to 10 minutes, at 400 F.
3. Now, over medium-low heat in large saucepan; heat the olive oil.
4. Once hot; add and sauté the garlic for 2 minutes.
5. Add the leftover ingredients (except grated parmesan cheese) & bring the mixture to a boil.
6. Decrease the heat & let simmer for 10 minutes, stirring every now and then.
7. Evenly divide the croutons among 4 to 5 bowls; ladle the soup over & sprinkle with the grated parmesan cheese. Serve immediately & enjoy.

Nutrition:

166 calories

31g carbs

22g protein

Broccoli Cheddar Soup

Preparation Time: 20 minutes

Cooking Time: 40 minutes

Servings: 4

Ingredients

- 6 tablespoons unsalted butter
- 1 small onion, chopped
- 2 cups half-and-half
- ¼ cup all-purpose flour
- 3 cups chicken broth, low-sodium
- ¼ teaspoon nutmeg, freshly grated
- 4 (7" each) sourdough bread boules (round loaves)
- 2 bay leaves
- 4 cups broccoli florets (1 large head)
- 2 ½ cups (approximately 8 ounces) sharp white & yellow cheddar cheese, grated, plus more for garnish
- 1 large carrot, diced
- Freshly ground pepper & kosher salt to taste

Directions

1. Over moderate heat in a large pot or Dutch oven; heat the butter until melted. Add and cook the onion for 3 to 5 minutes, until tender. Whisk in the flour & continue to cook for 3 to 4 more minutes, until turn golden. Slowly whisk in the half-and-half until completely smooth. Add the chicken broth followed by nutmeg and bay leaves, then season with pepper and salt; bring the mixture to a simmer. Once done; decrease the heat to medium-low & cook for 15 to 20 more minutes, until thickened, uncovered.
2. In the meantime, prepare the bread bowls: Cut a circle into the top of each loaf using a sharp knife, leaving approximately 1" border all around. Remove the bread top and then hollow out the middle using your fingers or with a fork, leaving a thick bread shell.
3. Add the carrot & broccoli to the broth mixture & let simmer for 15 to 20 minutes, until tender. Discard the bay leaves. Work in batches & carefully puree the soup in a blender until smooth. Add to the pot again.

4. Add the cheese to the soup & continue to whisk over medium heat until melted. If the soup appears to be too thick; feel free to add up to $\frac{3}{4}$ cup of water. Ladle into the bread bowls & garnish with cheese. Serve immediately & enjoy.

Nutrition:

178 calories

33g carbs

25g protein

CHAPTER 9:

Dressing Recipes

Kraft Thousand Island Dressing

Preparation Time: 5 minutes

Cooking Time: 0 minute

Servings: 16

Ingredients

- 1 cup mayonnaise
- ¼ cup ketchup
- 2 tablespoons white vinegar
- 4 teaspoons white sugar
- 2 teaspoons sweet pickle relish, minced
- 2 teaspoons white onion, finely chopped or minced
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper

Directions

1. Take a large bowl and combine all the ingredients in it. Mix well.
Serve.

Nutrition

67 Calories

4.9g total fat

6g carbohydrates

Newman Own's Creamy Caesar Salad Dressing

Preparation Time: 5 minutes

Cooking Time: 0 minute

Servings: 10

Ingredients

- 2 cups mayonnaise
- 6 tablespoons white vinegar, distilled
- ¼ cup Parmesan cheese, grated
- 4 teaspoons Worcestershire sauce
- 1 teaspoon lime juice
- 1 teaspoon dry mustard, ground
- 1/3 teaspoon salt, or to taste
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon black pepper, freshly ground
- 1 pinch basil, dried
- 1 pinch oregano, dried

Directions

1. Take an electric mixer and blend all the ingredients until smooth. Chill the prepared dressing for a few hours before severing. Enjoy.

Nutrition

215 Calories

17.4g total fat

2.3g Protein

Bull's Eye Original BBQ Sauce

Preparation Time: 20 minutes

Cooking Time: 15 minutes

Servings: 4

Ingredients

- 1½ cups tomato ketchup
- ½ cup Worcestershire sauce
- 5 tablespoons butter, melted
- ¼ cup white vinegar
- 1 tablespoon yellow mustard
- ¼ cup onions, finely minced
- 2 tablespoons hickory liquid smoke
- ½ teaspoon Tabasco sauce
- 1 cup sugar, brown
- 1 tablespoon white sugar
- Salt, to taste

Directions

1. Incorporate ingredients in a saucepan and heat it over medium heat. Simmer the ingredients for 15 minutes, stirring occasionally. Put off the heat and let the sauce get cold. The sauce is ready.

Nutrition

112 Calories

13.7g total fat

20.5g carbohydrates

Kraft Miracle Whip

Preparation Time: 20 minutes

Cooking Time: 15 minutes

Servings: 2

Ingredients

- 4 egg yolks
- 1/3 teaspoon salt
- 2 tablespoons powdered sugar
- 6 tablespoons lemon juice
- 2 cups oil
- 2 tablespoons cornstarch
- 2 teaspoons dry mustard
- 1 cup boiling water
- 1/4 cup vinegar
- Table salt, to taste

Directions

1. Take a blender and add egg yolks along with salt, sugar, and half of lemon juice. Blend for few seconds until combined. While the blender is running, start adding the oil, a few drops at a time.
2. Add the remaining lemon juice. Turn off the blender. In a bowl, mix together cornstarch, water, mustard, and vinegar.
3. Mix until a smooth paste is formed. Pour the bowl ingredients into a pan. Cook on low heat until thickened. Slowly add this cooked mixture into the blender.
4. Turn on the blender and combine all the ingredients well. Transfer to a jar and let cool in the refrigerator.

Nutrition

717 Calories

7.6g total fat

0.6g carbohydrates

Hellman's Mayonnaise

Preparation Time: 15 minutes

Cooking Time: 0 minute

Servings: 2

Ingredients

- 3 large egg yolks
- 1 teaspoon dry mustard
- 1 teaspoon salt
- ½ teaspoon cayenne pepper
- 1½ cups canola oil
- 4–6 tablespoons lemon juice

Directions

1. Add mustard and egg yolks into a blender and pulse until combined. While the blender is blending set the speed to low and start adding the oil very slowly.
2. Stop the blender and scrape down the mayonnaise. Add the lemon juice and remaining oil. Keep on blending until combined. At the end add salt and cayenne pepper. Mix and serve.

Nutrition

362 Calories

39.1g total fat

3.4g Protein

Heinz Ketchup

Preparation Time: 25 minutes

Cooking Time: 20 minutes

Servings: 4

Ingredients

- 1 cup tomato paste
- 1/3 cup light corn syrup
- ½ cup white vinegar
- 1/3 cup water
- 2 tablespoons sugar
- Salt, to taste
- 1/3 teaspoon onion powder
- ¼ teaspoon garlic powder

Directions

1. Combine all the ingredients in a saucepan. Put on the heat and let the liquid simmer for 20 minutes. Put off the heat and let the mixture cool down. Store in airtight glass jar or serve with French fries.

Nutrition

78 Calories

0.2g total fat

1.4g Protein

Mcdonald's Sabra Hummus

Preparation Time: 5 minutes

Cooking Time: 0 minute

Servings: 4

Ingredients

- 1 (14-ounce) can chickpeas, drained
- 1/3 cup tahini sauce
- Juice of 1 lemon
- 2 cloves garlic
- Salt and black pepper, to taste
- 1 teaspoon olive oil

Directions

1. With a high-speed blender to blend all the ingredients thoroughly.
Serve and enjoy.

Nutrition

576 Calories

27g total fat

24g Protein

Lawry's Taco Seasonings

Preparation Time: 10 minutes

Cooking Time: 0 minute

Servings: 2

Ingredients

- 2 tablespoons flour
- 2 teaspoons red chili powder
- 2 teaspoons paprika
- 1½ teaspoons salt, or to taste
- 1½ teaspoons onion powder
- 1 teaspoon cumin
- ½ teaspoon cayenne pepper
- ½ teaspoon garlic powder
- ½ teaspoon white sugar
- ¼ teaspoon oregano, ground

Directions

1. Mix all the spices in a bowl and store in a glass jar.

Nutrition

1 Calories

0.3g total fat

0.5g Protein

Mrs. Dash Salt-Free Seasoning Mix

Preparation Time: 5 minutes

Cooking Time: 0 minute

Servings: 2

Ingredients

- 2 teaspoons onion powder
- 2 teaspoons black pepper
- 2 teaspoons parsley
- 2 teaspoons dry celery seed
- 1 teaspoon dry basil
- 1 teaspoon dry bay leaf
- 2 teaspoons marjoram
- 2 teaspoons oregano
- 2 teaspoons savory
- 2 teaspoons thyme
- 2 teaspoons cayenne pepper
- 1 teaspoon coriander
- 2 teaspoons cumin
- 1 teaspoon mustard powder
- 2 teaspoons rosemary
- 2 teaspoons garlic powder
- 1 teaspoon mace

Directions

1. Mix all the spices in a bowl and store in a glass jar. Keep it dry.

Nutrition

23 Calories

0.8g total fat

4g carbohydrates

0.9g Protein

Old Bay Seasoning by Peiwei's

Preparation Time: 4 minutes

Cooking Time: 0 minute

Servings: 4

Ingredients

- ¼ cup bay leaf powder
- ¼ cup celery salt
- 2 tablespoons dry mustard
- 4 teaspoons black pepper, ground
- 4 teaspoons ginger, ground
- 4 teaspoons paprika, smoked
- 2 teaspoons white pepper, ground
- 2 Teaspoons nutmeg, ground
- 2 teaspoons cloves, ground
- 2 teaspoons allspice, ground
- 1 teaspoon crushed red pepper flakes
- 1 teaspoon mace, ground
- 1 teaspoon cardamom, ground
- ½ teaspoon cinnamon, ground

Directions

1. Mix all the spices in a bowl and store in a glass jar. Keep it dry.

Nutrition

16 Calories

0.7g total fat

0.6g Protein

Lawry's Seasoned Salt

Preparation Time: 5 minutes

Cooking Time: 0 minute

Serving: 1

Ingredients

- 1 tablespoon salt, or to taste
- 2 teaspoons white sugar
- ¼ teaspoon smoked paprika
- ¼ teaspoon turmeric powder
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder
- ¼ teaspoon cornstarch

Directions

1. Mix all the spices then store in a glass jar. Keep it dry.

Nutrition

360mg sodium

97 calories

18g fat

Kraft Stove Top Stuffing Mix

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 8

Ingredients

- 6 cups bread, cut into cubes
- 1 tablespoon parsley, flakes
- 3–4 bouillon cubes, chicken
- ¼ cup onion flakes, dried
- ½ cup celery flakes, dried
- 1 teaspoon thyme, dry
- 1 teaspoon black pepper
- ½ teaspoon sage
- ½ teaspoon salt

Directions

1. Preheat oven to 375°F. Bake the bread in the oven for 10 minutes. Once cool, dump all the ingredients in a bowl. Shake well to combine.
2. Tip: To use the prepared mixture, mix 2 cups mixture with ½ cup water and 2 tablespoons melted butter.

Nutrition

57 Calories

0.7g total fat

2.9g Protein

Burger Sauce by Chili

Preparation Time: 5 minutes

Cooking Time: 0 minute

Serving: 12

Ingredient

- 1 tbsp. gherkin
- ½ tsp. chopped dill
- ¾ tsp. onion powder
- ¾ tsp. garlic powder
- 1/8 tsp. ground white pepper
- ½ cup mayonnaise
- 1 tsp. mustard powder
- ½ tsp. erythritol sweetener
- ¼ tsp. sweet paprika
- 1 tsp. white vinegar

Direction

1. Using medium bowl, situate all the ingredients for the sauce in it then stir until well mixed.
2. Situate sauce for a minimum of overnight in the refrigerator to develop flavors and then serve with burgers.

Nutrition:

15 Calories

7g Fats

2g Protein

Mcdonald's Caramel Sauce

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Serving: 12

Ingredient:

- 3 tablespoons erythritol sweetener
- 1 teaspoon vanilla extract, unsweetened
- 1/3 cup butter, salted
- 2/3 cup heavy cream

Direction:

1. With medium saucepan, situate it over low heat, mix in butter and erythritol and then cook for 4 minutes.
2. Mix in cream, bring it to a gentle boil then simmer the sauce for 10 minutes, stirring continuously.
3. Pull out pan from heat, stir in vanilla extract and then serve.

Nutrition:

91 Calories

10g Fats

1g Protein

Paula Deen BBQ Sauce

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Serving: 32

Ingredient:

- 1 tsp. onion powder
- 1 tsp. salt
- ½ tsp. cayenne pepper
- 1 tsp. ground black pepper
- ¾ cup erythritol sweetener
- 2 tsp. paprika
- ½ tsp. cinnamon
- 2 tbsp. mustard paste
- ½ tsp. xanthan gum
- 3 tbsp. lemon juice
- 1 ½ tbsp. liquid smoke
- ½ cup apple cider vinegar
- ¾ cup ketchup, low-carb
- ½ cup of water
- 1 tbsp. Worcestershire sauce

Direction:

1. Using medium saucepan, situate it over medium heat, mix mustard, Worcestershire sauce, liquid smoke, and ketchup in it, then pour in vinegar, lemon juice, and water.
2. Mix until combined, cook it for 3 to 4 minutes then whisk in xanthan gum until incorporated.
3. Stir in erythritol and all the spices, whisk until combined, and remove the pan from heat.
4. Allow the sauce cool completely, then serve immediately or store it in an air-tight jar or squeeze bottle.

Nutrition:

10 Calories

2g Fats

2g Carbohydrates

Chorizo Queso Fundido

Preparation Time: 5 minutes

Cooking Time: 25 minutes

Serving: 6

Ingredient:

- 8 ounces Mexican chorizo
- 1 Roma tomato
- 2 tablespoons garlic
- 1/2 of a large onion
- 1 cup Mexican cream
- 1 roasted poblano pepper
- 1/2 teaspoon sea salt
- 2 cups Monterey Jack Cheese

Direction:

1. Using big skillet pan, put it over medium heat, stir in chorizo, break it up then cook for 11 minutes.
2. Once done, drain excess grease, transfer chorizo to a bowl, and then set it aside.
3. Put pan over medium heat, mix in onion then cook it for 5 minutes.
4. Mix in tomato, pepper strips and garlic, season with salt, cook the mixture for 2 minutes then scoop the mixture into the bowl containing chorizo.
5. Pull away skillet pan from the heat, mix in cream and cheese, and then blend for 5 minutes or more.
6. Return the skillet pan at medium heat, add half of the chorizo mixture, stir and cook for 6 minutes.
7. Top it with the remaining chorizo mixture, situate the pan under the broiler and cook for 3 minutes.
8. Serve it with low-carb tortilla chips.

Nutrition:

402 Calories

33g Fats

22g Protein

Alfredo Sauce

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Serving: 6

Ingredient:

- 1 tablespoon minced garlic
- 1/8 teaspoon salt
- 1/8 teaspoon ground white pepper
- 1/8 teaspoon ground nutmeg
- 1 ½ cups grated Parmesan cheese
- 2 cups heavy whipping cream
- ½ cup butter, unsalted
- 2 ounces cream cheese, softened

Direction:

1. Take a medium saucepan, place it over medium heat, add butter and when it melts, add garlic and then cook for 2 minutes until fragrant.
2. Then add cream cheese and heavy cream, stir until just mixed and stir in parmesan until melted.
3. Cook the sauce for 5 to 7 minutes until sauce thickens to the desired level and then stir in salt, white pepper, and nutmeg. Serve straight away.

Nutrition:

531 Calories

53.8g Fats

10.3g Protein

Don Pablo's Prairie Fire Bean Dip

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 6

Ingredients

- 1 tablespoon oil
- ½ cup finely chopped onion
- 1 (15-ounce) can fava or pinto beans
- 2 tablespoons plain yogurt
- 2 chipotle chilis, finely chopped
- 1 tablespoon adobo sauce from the chilis
- 1 jalapeño pepper, diced
- 1 teaspoon salt
- ½ teaspoon garlic powder
- ½ teaspoon cumin
- ½ cup shredded cheddar or Monterey Jack cheese
- Additional cheese and jalapeños for topping, if desired
- Chips or soft flour tortillas cut into quarters (for serving)

Directions

1. In a medium skillet, warm the oil over medium heat and add the onion. Cook until softened. Strain the beans and stir in the skillet. Mix in the yogurt, chilies, adobo sauce, jalapeño, salt, garlic powder, and cumin. Cook to heat through.
2. Transfer the dip to a blender and pulse until smooth. (You can leave some chunks if you like.) Transfer the dip to a heatproof serving dish and stir in the cheese. Serve warm, garnished with additional cheese and jalapeños if desired.

Nutrition:

706 calories

50g total fats

35g protein

Café Rio's Pico de Gallo

Preparation Time: 5 minutes

Cooking Time: 0 minute

Servings: 6

Ingredients

- 5 ripe tomatoes, finely diced
- ½ teaspoon salt
- 1 medium sweet onion, finely diced
- 4 cloves garlic, minced
- 1 bunch cilantro, finely chopped
- 1–2 jalapeño peppers, seeded and diced
- 1 tablespoon lime juice
- 4 shakes green Tabasco sauce

Directions

1. Mix all the ingredients. Serve at room temperature.

Nutrition:

664 calories

48g total fats

29g protein

Chipotle's Refried Beans

Preparation Time: 5 minutes

Cooking Time: 2 ½ hours

Servings: 6

Ingredients

- 1-pound dried pinto beans
- 6 cups warm water
- ½ cup bacon fat
- 2 teaspoons salt
- 1 teaspoon cumin
- ½ teaspoon black pepper
- ½ teaspoon cayenne pepper

Directions

1. Rinse and drain the pinto beans. Check them over and remove any stones. Transfer the beans in a Dutch oven and stir in the water. Bring the pot to a boil, reduce the heat, and simmer for 2 hours, stirring frequently.
2. When the beans are tender, reserve ½ cup of the boiling water and drain the rest. Heat the bacon fat in a large, deep skillet. Add the beans 1 cup at a time, mashing and stirring as you go. Add the spices and some of the cooking liquid if the beans are too dry.

Nutrition:

661 calories

49g total fats

28g protein

Abuelo's Jalapeño Cheese Fritters

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Servings: 8

Ingredients

- Fritters
- 1 (8-ounce) package cream cheese, softened
- ½ cup Monterrey cheese, shredded
- ½ cup cheddar cheese, shredded
- 3 jalapeños, deseeded and finely chopped
- 1 teaspoon Lawry's seasoning
- Oil for frying
- Breading
- 3 cups breadcrumbs
- ¼ cup all-purpose flour
- Egg Wash
- 2 eggs
- ¼ cup water

Directions

1. Grease and preheat at 300 degrees. Blend all the ingredients then form the mixture into 1-inch balls (makes approximately 20 balls). Place onto the prepared sheet and set aside.
2. Beat the eggs and water together until slightly frothy; set aside. To two separate bowls, add the flour and breadcrumbs; set aside.
3. Assembling
4. Roll the balls in the flour first. Dunk each ball into the egg wash and then into the breadcrumbs. Toss until evenly coated. Cook the oil at 350°F and fry the balls until evenly golden brown. Drain the balls on a paper towel. Serve with your favorite dip.

Nutrition:

636 calories

47g total fats

30g protein

Chipotle's Guacamole

Preparation Time: 10 minutes

Cooking Time: 0 minutes

Serving: 6

Ingredients

- 1 medium jalapeño pepper, seeded and deveined, finely chopped
- 1 cup diced red onion
- 2 tablespoons fresh cilantro, chopped finely
- 8 ripe avocados
- 8 teaspoons freshly squeezed lime juice
- 1 teaspoon kosher salt

Directions

1. Chop avocado in half and take out the flesh. Mix in the jalapeño pepper, onion, and cilantro. Drizzle the lime juice. Season it with salt. Pound avocado with the rest of the ingredients until desired consistency is achieved. Seal it with plastic wrap before serving.

Nutrition:

674 calories

37g total fats

26g protein

Chipotle's Queso Dip

Preparation Time: 15 minutes

Cooking Time: 2 hours

Servings: 8

Ingredients

- 1 cup cheddar, cubed
- 1 cup American cheese, cubed
- 1 cup Monterey Jack, cubed
- 1 cup heavy cream
- 2 poblano peppers
- 1 large Roma tomato, halved
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- ¼ teaspoon cayenne pepper
- ½ teaspoon black pepper
- 1 tablespoon olive oil
- Tortilla chips to serve

Directions

1. Grease the baking dish with oil and preheat at 400 degrees. Place the tomatoes and poblano pepper in the prepared baking dish and bake until the skins are blackened.
2. Although the veggies are in the oven, mix remaining ingredients in a pot and let simmer on low. Once cooked, set aside and let cool at room temperature for about 10 minutes.
3. Remove the skins and transfer to a blender. Blend until pureed. Add the pureed veggies to the cheese mixture; mix well and continue cooking for 2 hours. Serve hot with tortilla chips.

Nutrition:

677 calories

41g total fats

30g protein

Chili's Original Chili

Preparation Time: 15 minutes

Cooking Time: 1 hour 30 minutes

Servings: 4

Ingredients

- Spice Blend
- ½ cup chili powder
- 1/8 cup salt
- 1/8 cup ground cumin
- 1 tablespoon paprika
- 1 teaspoon ground black pepper
- 1 teaspoon garlic powder
- 1 teaspoon of cayenne pepper
- Chili
- 4 pounds chuck, ground for chili
- 3¼ cups water
- 16 ounces tomato sauce
- 1½ cups yellow onions, chopped
- 1 tablespoon cooking oil
- Masa Harina
- 1 cup water
- 1 tablespoon masa harina
- Sliced green onions for garnish, if desired

Directions

1. Put all the spice blend ingredients in a bowl. Mix thoroughly and set the bowl aside. Cook the meat at medium heat in a stock pot until it is brown. While the meat is cooking, thoroughly mix together the spice mix, water, and tomato sauce.
2. Stir in spice mixture to the browned meat and bring to a boil. When chili is about to boil, sauté the onions in oil over medium heat for the meantime. When the chili is boiling and the onions are translucent, add the onions to the chili and stir.
3. Set heat to low and let the chili to simmer for an hour, stirring the mixture every 15 minutes. In a bowl, mix the masa harina ingredients together. When the chili has been cooking for an hour,

add the masa harina mixture to the chili and cook for another 10 minutes.

4. Transfer the chili to a bowl, garnish green onions, if desired, and serve.

Nutrition:

681 calories

48g total fats

32g protein

2-Ingredient Tahini Paste

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Servings: 16

Ingredients:

- 1 cup of hulled sesame seeds
- 3 tbsps. extra virgin olive oil

Directions:

1. Pour the sesame seeds into a pan and roast over medium-high heat, stirring regularly, until the seeds are brown.
2. Let seeds to cool then situate them in a blender/food processor. Drizzle in 3 tbsps of olive oil and process until a paste is formed. Slowly add in more oil until you reach the consistency you'd prefer.
3. Thoroughly stir the paste before storing the tahini in an airtight jar/container and place in the refrigerator. Tahini can be stored for about 3 months.

Nutrition:

36 Calories

7g Fat

1g Protein

Spicy Mexican Barbecue Sauce

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 12

Ingredients:

- 2/3 olive oil
- 1 onion, diced
- ½ tbsp garlic paste
- 1 ½ tsps. of salt
- 1 chili pepper, seeded & diced
- 2 tomatoes, peeled & chopped
- 2 tbsps. of chili powder
- 2 tbsps. of sugar
- ¼ cup of vinegar
- ¼ cup of beer

Directions:

1. Cook oil in a pan over medium heat. Drop in the onions and fry until browned.
2. Stir in the garlic, chili, chili powder, salt and tomatoes. Simmer for 4 minutes
3. Pour in the sugar, vinegar and beer and let it simmer for 10 minutes, stirring regularly. Remove from heat and let it cool.

Nutritional:

126 Calories

11.6g Fat

0.7g Protein

Tangy French Remoulade Sauce

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 8

Ingredients:

- ¾ cup of mayonnaise
- 1 ½ tbsp of cornichon or dill relish
- 1 tsp of finely chopped capers
- 1 tbsp of lemon juice
- 1 tbsp of mustard (preferably Dijon)
- 2 tsp of chopped parsley
- 1 dash of hot sauce
- ½ tsp of salt

Direction:

1. Incorporate mayonnaise with the cornichon, capers, lemon juice, mustard, salt and parsley together. Stir in the hot sauce and then cover with plastic wrap. Place in the refrigerator until needed.

Nutrition:

146 Calories

1g Carbohydrates

16g Fat

CHAPTER 10:

Dessert Recipes

Pumpkin Cheesecake

Preparation Time: 8 hours

Cooking Time: 1 hour and 45 minutes

Servings: 8 - 10

Ingredients

- 2 ½ cups graham cracker crumbs
- ¾ cup unsalted butter, melted
- 2 ¾ cups granulated sugar, divided
- 1 teaspoon salt, plus a pinch
- 4 (8-oz) blocks cream cheese, at room temp
- ¼ cup sour cream
- 1 (15-oz) can pure pumpkin
- 6 large eggs, room temperature
- 1 tablespoon vanilla extract
- 2 ½ teaspoons ground cinnamon
- 1 teaspoon ginger, ground
- ¼ teaspoon cloves, ground
- 2 cups whipped cream, sweetened
- 1/3 cup toasted pecans, roughly chopped

Direction

1. Prep the oven to 325°F and grease a 12-inch spring form pan.
2. In a mixing bowl, combine the graham cracker crumbs, melted butter, ¼ cup of the sugar, and a pinch of salt. Mix until well combined and press the mixture into the prepared spring form pan. Bake for about 25 minutes.
3. While baking, scourge cream cheese, sour cream, and pumpkin.
4. Add the rest of the sugar, and slowly incorporate the beaten eggs and vanilla. Add the remaining salt, cinnamon, ginger, and cloves.

5. Fill a large baking pan (big enough to hold your springform pan) with about half an inch of water. Situate it in the oven and let the water get hot.
6. Put foil around the edges of your springform pan, then add the filling and place the pan in the oven with the water bath you made.
7. Bake for 1 hour and 45 minutes, or until the center is set. You can turn the foil over the edges of the cake if it starts to get too brown. Pull out pan from the oven and place it on a cooling rack for one hour before taking out the sides of the springform pan.
8. After it has cooled, remove sides of the pan and refrigerate the cheesecake for at least 8 hours or overnight. Serve with whipped cream and toasted pecans.

Nutrition:

45g Carbohydrates

12g fats

5g protein

Reese's Peanut Butter Chocolate Cake Cheesecake

Preparation Time: 6 hours

Cooking Time: 1 hour 15 minutes

Servings: 8 - 10

Ingredients

- Cheesecake
- 4 (8-ounce) packages cream cheese, softened
- 1 ¼ cups sugar
- ½ cup sour cream
- 2 teaspoons vanilla extract
- 5 eggs
- 8 Chocolate Peanut Butter cups, chopped
- 1 (14-ounce) can dulce de leche
- Chocolate Cake
- 1 ¾ cups all-purpose flour
- 2 cups sugar
- ¾ cup cocoa
- 2 teaspoons baking soda
- 1 teaspoon salt
- 2 eggs, room temp
- 1 cup buttermilk
- ½ cup butter, melted
- 1 tablespoon vanilla extract
- 1 cup black coffee, hot
- Peanut Butter Buttercream
- ¾ cup butter
- ¾ cup shortening
- ¾ cup peanut butter
- 1 ½ teaspoons vanilla
- 4-5 cups powdered sugar
- Ganache
- 2 cups semi-sweet chocolate chips
- 1 cup heavy cream
- 1 teaspoon vanilla

Directions

1. Prep the oven to 350°F and brush 9-inch springform pan. Make the cheesecake. Preheat the oven to 475°F. Fill a large baking pan (your springform pan with have to fit in it) with half an inch of water and place it in the oven while it preheats.
2. Beat the cream cheese in a large bowl until it is fluffy. Gradually incorporate the sugar, sour cream, and vanilla, and mix well.
3. Scourge eggs one at a time and beat until just combined. Fold in the peanut butter cups and pour the batter into the springform pan. Bake at 475°F for 15 minutes, and reduce the heat to 350°F and bake for 60 minutes.
4. Pull out the cake from the oven and cool for 60 minutes before taking off the sides of the springform pan. When it is completely cool, refrigerate the cheesecake for at least 6 hours, but 8 hours to overnight would be better. When it is completely cold, cut the cheesecake in half to make two layers.
5. Meanwhile, make the chocolate cake: mix the flour, sugar, cocoa, baking soda, and salt together in a large bowl. Mix in the eggs, buttermilk, melted butter, and vanilla, and beat until it is smooth. Slowly incorporate the coffee.
6. Coat and flour two 9-inch round cake pans. Pour the batter evenly into each pan and bake for 30–35 minutes. When fully cooked, remove the cakes from the oven and cool for 15 minutes before taking them out of the pans. When fully cooled, wrap each cake in plastic wrap and refrigerate until ready to assemble the cake.
7. Scourge butter and shortening, then add the peanut butter and vanilla. Sprinkle powdered sugar one cup at a time until you achieve the desired sweetness and consistency.
8. To assemble, put one layer of chocolate cake on a cake plate. Drizzle half of the dulce de leche over the top of the cake. Top that with a layer of cheesecake, and spread peanut butter frosting over the top of the cheesecake. Repeat to make a second layer. When assembled, place the whole cake in the freezer for about an hour to fully set.
9. Make the ganache by melting chocolate chips with heavy cream and vanilla in a small saucepan. When the cake is completely set, pour ganache over the top. Refrigerate until ganache the sets.

Nutrition:

42g Carbohydrates

13g fats

5g protein

Mcdonald's White Chocolate Raspberry Swirl Cheesecake

Preparation Time: 5 hours

Cooking Time: 1 hour 15 minutes

Servings: 8 - 10

Ingredients

- Crust
- 1 ½ cups chocolate cookie crumbs, such as crumbled Oreo® cookies
- 1/3 cup butter, melted
- Filling
- 4 (8-ounce) packages cream cheese
- 1 ¼ cups granulated sugar
- ½ cup sour cream
- 2 teaspoons vanilla extract
- ½ cup raspberry preserves (or raspberry pie filling)
- ¼ cup water
- 5 eggs
- 4 ounces white chocolate, chopped into chunks
- Optional Garnish
- 2 ounces shaved white chocolate (optional)
- Fresh whipped cream

Directions

1. Preheat the oven to 475°F. In a food processor, crumble the cookies and add the melted butter. Press the mixture into a greased 9-inch springform pan, and place in the freezer while you make the filling.
2. Stir in half an inch of water in a large baking pan and situate it in the oven. Scourge together the cream cheese, sugar, sour cream, and vanilla. Scrape the sides of the bowl after the ingredients have been well combined.
3. Whisk eggs in a small bowl then add them slowly to the cream cheese mixture.
4. In another small dish, mix the raspberry preserves and water. Microwave for 1 minute.
5. Pull out the crust from the freezer then cover the outside bottom of

the pan with aluminum foil. Sprinkle the white chocolate over the crust, then pour half of the cheesecake batter into the springform pan. Next, drizzle half of the raspberry preserves over the top of the batter. Then add the rest of the batter with the rest of the drizzle.

6. Situate springform pan into the water bath and bake for 15 minutes at 475°F, then decrease the heat to 350°F then bake for 60 more minutes more
7. Remove from oven and cool it completely before removing sides of pan, then move to the refrigerator for at least 5 hours. Serve with extra white chocolate and fresh whipped cream.

Nutrition:

41g Carbohydrates

12g fats

4g protein

Ihop's Carrot Cake Cheesecake

Preparation Time: 5 hours

Cooking Time: 58 minutes

Servings: 8

Ingredients

- Cheesecake
- 2 (8-oz) blocks cream cheese, at room temp
- $\frac{3}{4}$ cup granulated sugar
- 1 tablespoon flour
- 3 eggs
- 1 teaspoon vanilla
- Carrot Cake
- $\frac{3}{4}$ cup vegetable oil
- 1 cup granulated sugar
- 2 eggs
- 1 teaspoon vanilla
- 1 cup flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1 dash salt
- 1 (8-oz) can crushed pineapple
- 1 cup grated carrot
- $\frac{1}{2}$ cup flaked coconut
- $\frac{1}{2}$ cup chopped walnuts
- Pineapple Cream Cheese Frosting
- 2 ounces cream cheese, softened
- 1 tablespoon butter, softened
- 1 $\frac{3}{4}$ cups powdered sugar
- $\frac{1}{2}$ teaspoon vanilla
- 1 tablespoon reserved pineapple juice

Directions

1. Prep the oven to 350°F and coat a 9-inch springform pan. Scourge cream cheese and the sugar until smooth. Incorporate flour, eggs, and vanilla until well combined. Set aside.
2. In another large bowl, beat together the $\frac{3}{4}$ cup vegetable oil, sugar,

eggs and vanilla until smooth. Then add the flour, baking soda, cinnamon and salt and beat until smooth. Fold in the crushed pineapple, grated carrot, coconut, and walnuts.

3. Pour 1 ½ cups of the carrot cake batter into the prepared pan. Drop large spoonful of the cream cheese batter over the top of the carrot cake batter. Then add spoonful of carrot cake batter over the top of the cream cheese batter. Repeat with the remaining batter.
4. Bake the cake for 58 minutes. Take it from the oven and cool for about an hour before taking the sides off the springform pan. Refrigerate for at least 5 hours.
5. Beating together all the frosting ingredients. Garnish the cake when it is completely cool.

Nutrition:

40g Carbohydrates

11g fats

6g protein

Original Cheesecake

Preparation Time: 4 hours 15 minutes

Cooking Time: 1 hour 5 minutes

Servings: 12

Ingredients

- Crust:
- 1 ½ cups graham cracker crumbs
- ¼ teaspoon ground cinnamon
- 1/3 cup margarine, melted
- Filling:
- 4 (8-ounce) packages cream cheese, softened
- 1 ¼ cups white sugar
- ½ cup sour cream
- 2 teaspoons vanilla extract
- 5 large eggs
- Topping:
- ½ cup sour cream
- 2 teaspoons sugar

Directions:

1. Set the oven to 475°F then situate a skillet with half an inch of water inside. Incorporate ingredients for the crust in a bowl. Line a large pie pan with parchment paper, and spread crust onto pan. Press firmly. Wrap with foil, and keep it in the freezer until ready to use.
2. Combine all the ingredients for the filling EXCEPT the eggs in a bowl. Scoop the sides of the bowl while beating, until mixture is smooth. Mix in eggs one at a time, and beat until fully blended.
3. Take the crust from the freezer then pour in the filling, spreading it evenly. Place the pie pan into the heated skillet in the oven, and bake for about 12 minutes.
4. Reduce the heat to 350°F. Continue to bake for about 50 minutes, or until the top of the cake is golden. Pull away from the oven and transfer the skillet onto a wire rack to cool.
5. Prepare the topping by mixing all ingredients in a bowl. Coat the cake with the topping, then cover. Refrigerate for at least 4 hours.

Serve cold.

Nutrition:

41g Carbohydrates

11g fats

2g protein

Starbuck Blackout Cake

Preparation Time: 30 minutes

Cooking Time: 35–45 minutes

Servings: 8 - 10

Ingredients

For the Cake:

- 1 cup butter, softened
- 4 cups sugar
- 4 large eggs
- 4 teaspoons vanilla extract, divided
- 6 ounces unsweetened chocolate, melted
- 4 cups flour
- 4 teaspoons baking soda
- ½ teaspoon salt
- 1 cup buttermilk
- 1 ¾ cups boiling water

For the Chocolate Ganache:

- 12 ounces semisweet chocolate, chips or chopped
- 3 cups heavy cream
- 4 tablespoons butter, chopped
- 2 teaspoons vanilla
- 1 ½ cups roasted almonds, crushed (for garnish)

Directions

1. Preheat the oven to 350°F. Prep two large rimmed baking sheets with parchment paper
2. In a large bowl or bowl for a stand mixer, beat together the butter and sugar until well combined. When the sugar mixture is fluffy, add the eggs and 2 teaspoons of vanilla. When that is combined, add the 4 ounces of melted chocolate and mix well.
3. In a separate bowl, stir together the flour, baking soda, and salt. Gradually add half the flour mixture to the chocolate mixture. When it is combined, add half of the buttermilk and mix until combined. Repeat with remaining flour mixture and buttermilk. When it is completely combined, add the boiling water and mix

thoroughly.

4. Portion batter evenly between the two large baking sheets that you prepared earlier (or 3 8-inch cake pans).
5. Situate to the oven and bake for 20–30 minutes for the baking sheets or 25-35 minutes for the cake pans, or until a toothpick inserted in the center comes out clean.
6. Remove from the oven and let cakes cool for about 10 minutes. With the pastry ring, make 3 cakes from each of the baking sheet. When they are completely cool down. If using cake pans, turn them out onto a cooling rack and let them cool completely and then cut horizontally into two to make 6 cake layers
7. Make the ganache by mixing the chocolate chips and cream in a heat-safe glass bowl. Situate bowl over a pot of boiling water. Reduce heat to medium-low and let simmer gently. Stir continuously using wooden spoon until the chocolate is all melted. Add-in the butter and vanilla and stir until well combined. Let cool for a few minutes, cover with plastic wrap, and refrigerate until the ganache holds its shape and is spreadable, about 10 minutes.
8. To assemble the cake, place the first cake layer on a serving plate and spread a some of the ganache on the top. Situate second cake layer on top and spread some of the ganache on top. Repeat until all 6 layers are done. With the remaining ganache to frost the top and sides of the cake, then cover the sides with crushed almonds (if desired) by pressing them gently into the chocolate ganache. Refrigerate before serving.

Nutrition:

41g Carbohydrates

10g fats

4g protein

Molten Lava Cake

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Servings: 5-6

Ingredients:

For the Cakes:

- Six tablespoons unsalted butter (2 tablespoons melted, four tablespoons at room temperature)
- 1/2 cup natural cocoa powder (not Dutch process), plus more for dusting
- 1 1/3 cups all-purpose flour
- One teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- Three tablespoons milk
- 1/4 cup vegetable oil
- 1 1/3 cups sugar
- 1 1/2 teaspoons vanilla extract
- Two large eggs, at room temperature
- For the Fillings and Toppings:
- 8 ounces bittersweet chocolate, finely chopped
- 1/2 cup heavy cream
- Four tablespoons unsalted butter
- One tablespoon light corn syrup
- Caramel sauce, for drizzling
- 1-pint vanilla ice cream

Directions:

1. Oven preheats to 350 degrees F. Make the cakes: Brush four one 1/4-cup brioche molds (jumbo muffin cups or 10-ounce ramekins) with the butter melted in 2 tablespoons. Clean the cocoa powdered molds and tap the excess.
2. In a small bowl, whisk in the flour, baking soda, baking powder, and salt. Bring 3/4 cup water & the milk and over medium heat to a boil in a saucepan; set aside.
3. Use a stand mixer, combine vegetable oil, four tablespoons of

room-temperature butter and sugar and beat with the paddle attachment until it's fluffy at medium-high speed, around 4 minutes, scrape the bowl down and beat as desired. Add 1/2 cup cocoa powder and vanilla; beat over medium velocity for 1 minute. Scrape the pot beneath. Add one egg and beat at medium-low speed for 1 minute, then add the remaining egg and beat for another minute.

4. Gradually beat in the flour mixture with the mixer on a low level, then the hot milk mixture. Finish combining the batter with a spatula of rubber before mixed. Divide the dough equally between the molds, each filling slightly more than three-quarters of the way.
5. Move the molds to a baking sheet and bake for 25 to 30 minutes, until the tops of the cakes feel domed, and the centers are just barely set. Move the baking sheet to a rack; allow the cakes to cool for about 30 minutes before they pull away from the molds.
6. How to set up the Cake: Make the Filling: Microwave the sugar, butter, chocolate, and corn syrup in a microwave-safe bowl at intervals of 30 seconds, stirring each time, until the chocolate starts to melt, 1 minute, 30 seconds. Let sit for three minutes and then whisk until smooth. Reheat, if possible, before use.
7. Using a paring knife tip to remove the cakes gently from the molds, then invert the cakes onto a cutting board.
8. Hollow out a spoon to the cake; save the scraps. Wrap the plastic wrap and microwave cakes until steaming, for 1 minute.
9. Drizzle the caramel plates, unwrap the cakes then put them on top. Pour three tablespoons into each cake filling.
 10. Plug in a cake scrap to the door. Save any leftover scraps or discard them.
 11. Top each cake, use an ice cream scoop. Spoon more chocolate sauce on top, spread thinly so that it is coated in a jar.

Nutrition:

546 Calories

5g Protein

31g Fat

Caramel Rockslide Brownies

Preparation Time: 25 minutes

Cooking Time: 25 minutes

Servings: 5-6

Ingredients:

- 1 cup butter (2 sticks)
- 2 cups of sugar
- Four eggs
- Two teaspoons vanilla extract
- 2/3 cup unsweetened natural cocoa powder
- 1 cup all-purpose flour
- 1/2 teaspoon salt
- One teaspoon baking powder
- 1/2 cup semisweet chocolate chips
- 1 cup (plus more for drizzling over the top) caramel topping
- 3/4 cup chopped pecans (plus more for sprinkling on top)

Directions:

1. Preheat to 350 degrees on the oven. On a medium saucepan melt butter over medium heat.
2. Clear from heat the pan and whisk in sugar. Whisk in the vanilla extract & the eggs. Mix the cocoa, baking powder, flour, salt, and in a separate dish. Drop the dry ingredients into the saucepan and combine them until they have just been added. Add chocolate chips.
3. Pour the batter into two nine by 9-inch baking pans that are evenly split, sprayed with nonstick spray and lined with parchment paper.
4. Bake for 25-28 minutes and leave to cool.
5. Use the parchment paper edges to lift the whole brownie out of one of the pans, and chop into 1/2-inch cubes.
6. Pour 1 cup of caramel over the brownies still in the saucepan, then add the chopped pecans and brownie cubes.
7. Press down to make the caramel stick to the brownie cubes. If desired, drizzle with extra caramel and sprinkle with a few more chopped pecans.

8. If needed, serve with ice cream and excess sugar, and chopped pecans.

Nutrition:

509 Calories

5g Protein

32g Fat

Olive garden Chocolate Mousse Cake

Preparation Time: 10 minutes

Cooking Time: 25 minutes

Servings: 6-7

Ingredients:

- 1 (18.25 ounce) chocolate cake mix pack
- 1 (14 ounces) can sweeten condensed milk
- 2 (1 ounce) squares unsweetened chocolate, melted
- ½ cup of cold water
- 1 (3.9 ounces) package instant chocolate pudding mix
- 1 cup heavy cream, whipped

Directions:

1. Preheat oven up to 175 degrees C (350 degrees F). Prepare and bake cake mix on two 9-inch layers according to package directions. Cool off and pan clean.
2. Mix the sweetened condensed milk and melted chocolate together in a big tub. Stir in water slowly, then pudding instantly until smooth. Chill in for 30 minutes, at least.
3. Remove from the fridge the chocolate mixture, and whisk to loosen. Fold in the whipped cream and head back to the refrigerator for at least another hour.
4. Place one of the cake layer onto a serving platter. Top the mousse with 1 1/2 cups, then cover with the remaining cake layer. Frost with remaining mousse, and cool until served. Garnish with chocolate shavings or fresh fruit.

Nutrition:

324 Calories

8g Protein

50g Fat

Blackberry and Apples Cobbler

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 6

Ingredients:

- ¾ cup stevia
- 6 cups blackberries
- ¼ cup apples, cored and cubed
- ¼ teaspoon baking powder
- 1 tablespoon lime juice
- ½ cup almond flour
- ½ cup of water
- 3 and ½ tablespoon avocado oil
- Cooking spray

Directions:

1. In a bowl, mix the berries with half of the stevia and lemon juice, sprinkle some flour all over, whisk and pour into a baking dish greased with cooking spray.
2. In another bowl, mix flour with the rest of the sugar, baking powder, the water and the oil, and stir the whole thing with your hands.
3. Spread over the berries, introduce in the oven at 375° F and bake for 30 minutes. Serve warm.

Nutrition:

221 Calories

6.3g Fat

9g Protein

Ihop's Black Tea Cake

Preparation Time: 10 minutes

Cooking Time: 35 minutes

Servings: 8

Ingredients:

- 6 tablespoons black tea powder
- 2 cups almond milk, warmed up
- 1 cup avocado oil
- 2 cups stevia
- 4 eggs
- 2 teaspoons vanilla extract
- 3 and ½ cups almond flour
- 1 teaspoon baking soda
- 3 teaspoons baking powder

Directions:

1. Blend almond milk with the oil, stevia and the rest of the ingredients and whisk well.
2. Pour this into a cake pan lined with parchment paper, introduce in the oven at 350° F and bake for 35 minutes. Leave the cake to cool down, slice and serve.

Nutrition:

200 Calories

6.4g Fat

5.4g Protein

Cracker barrel's Quinoa Muffins

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 12

Ingredients:

- 1 cup quinoa, cooked
- 6 eggs, whisked
- Salt and black pepper to the taste
- 1 cup Swiss cheese, grated
- 1 small yellow onion, chopped
- 1 cup white mushrooms, sliced
- ½ cup sun-dried tomatoes, chopped

Directions:

1. In a bowl, combine the eggs with salt, pepper and the rest of the ingredients and whisk well.
2. Divide this into a silicone muffin pan, bake at 350 degrees F for 30 minutes and serve for breakfast.

Nutrition:

123 Calories

5.6g Fat

7.5g Protein

Figs Pie by chili

Preparation Time: 10 minutes

Cooking Time: 1 hour

Servings: 8

Ingredients:

- ½ cup stevia
- 6 figs, cut into quarters
- ½ teaspoon vanilla extract
- 1 cup almond flour
- 4 eggs, whisked

Directions:

1. Spread the figs on the bottom of a spring form pan lined with parchment paper.
2. In a bowl, combine the other ingredients, whisk and pour over the figs,
3. Bake at 375° F for 1 hour, flip the pie upside down when it's done and serve.

Nutrition:

200 Calories

4.4g Fat

8g Protein

CHAPTER 11:

Beverage Recipes

Olive Garden Green Apple Moscato Sangria

Preparation Time: 11 minutes

Cooking Time: 0 minutes

Servings: 6

Ingredients

- 750 ml Moscato
- Puree or Apple Pucker
- 8 cups ice
- 1/2 cup strawberries
- 1/2 cup orange slices
- 1/2 cup green apple slices

Direction

1. In a large pitcher combine chilled Moscato, pineapple juice, and granny smith apple puree. Stir until well combined 6 ounces pineapple juice
2. Serve by placing several ice cubes in a glass, pour beverage 6 ounces Granny Smith Apple over ice.

Nutrition:

59 Calories

0.5g Protein

0.21g Fat

Mcdonald's Watermelon Moscato Sangria

Preparation Time: 12 minutes

Cooking Time: 0 minutes

Servings: 6

Ingredients

- 750 ml Moscato
- 6 ounces Ginger Ale
- 6 ounces Monin Watermelon
- 4 cups ice
- 3/4 cup sliced strawberries
- 1 orange sliced

Direction

1. Wash and cut fruit into small slices.
2. Pour Moscato into a large pitcher.
3. Pour Ginger Ale and Watermelon syrup into a pitcher. Stir Syrup gently.
4. Add ice to the pitcher, and stir gently.
5. Add sliced strawberries and oranges.
6. Serve with watermelon slices if desired.

Nutrition:

37 Calories

0.8g Protein

0.3g Fat

Ihop's Peach Bellini

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 6

Ingredients

- 1 tablespoon lemon juice, freshly squeezed
- 2 peaches, ripe, seeded & diced
- 1 bottle prosecco sparkling wine, chilled
- 1 teaspoon sugar

Directions

1. Place peaches with sugar and lemon juice in the food processor bowl fitted with a steel blade; process on high until smooth, for a minute or two.
2. Press the mixture through a sieve; discarding the peach solids in the sieve. Place 2 tablespoons of peach puree into each Champagne glass & fill with cold prosecco.
3. Serve immediately & enjoy.

Nutrition:

32 Calories

1g Protein

0.2g Fat

Taco Bell Margarita

Preparation Time: 1 minute

Cooking Time: 0 minutes

Servings 1

Ingredients

- 1 ½ ounces Cuervo or 1800 gold tequila
- ¾ ounce Cointreau
- ¾ ounce Grand Marnier
- ½ ounce lime juice
- 2 ounces sour mix
- Ice, for serving

Directions

1. Refrigerate (or even freeze) the glass you intend to use.
2. While chilling, mix together all the ingredients in a shaker and shake well.
3. If you like salt on the rim of your margarita, pour some sea salt on a small dish, wet the rim of your chilled glass, and dip into the salt.
4. Add some ice, and pour the margarita mixture in.

Nutrition:

153 Calories

2g Fat

0.2g Protein

Olive Garden Berry Sangria

Preparation Time: 8 minutes

Cooking Time: 0 minutes

Servings: 8

Ingredients

- 750 ml red wine
- fresh berries such as
- strawberries, blackberries, or
- blueberries to garnish

Direction

1. Combine all ingredients except the fresh fruit in a large Merlot container; stir well to combine. Let mixture stand a couple of hours before serving. When serving, place ice into glass, 2 cups cranberry juice then fresh fruit and sangria and garnish glass with a 1/4 cups simple sugar syrup strawberry.

Nutrition:

90 Calories

0.53g Protein

0.08g Fat

Mcdonald's Iced Green Tea Latte

Preparation Time: 2 minutes

Cooking Time: 0 minutes

Servings: 1

Ingredients

- 3 cups milk
- 2 teaspoons matcha powder
- 2 tablespoons water
- 2-3 teaspoons honey
- 1 teaspoon vanilla extract
- Ice

Directions

1. Mix matcha powder and water. Stir until there are no clumps.
2. Incorporate milk, matcha mixture, vanilla extract, and honey. Stir or shake in a covered container until well combined.
3. Divide into two cups and serve over ice.

Nutrition:

226 Calories

7g Fat

13g Protein

Orange Julius by Chili

Preparation time: 10 minutes

Cooking Time: 0 minutes

Servings: 2

Ingredients

- 1½ cups milk, skim milk
- 1 teaspoon vanilla extract
- 1 cup frozen orange juice concentrate
- 1/3 cup superfine sugar
- 1 cup ice cubes
- Directions
- Take a blender and pulse together vanilla extract and milk.
- Add sugar, ice, and orange juice concentrate.
- Blend well.
- Once thickened, pour the mixture into serving glasses and enjoy.

Nutrition:

161 Calories

1.8g fat

3.3g Protein

Red lobster Snapple Lemon Iced Tea

Preparation time: 5 minutes

Cooking Time: 0 minutes

Servings: 5

Ingredients

- 10 cups water
- 4 teabags Lipton black tea
- ½ cup white sugar
- 1 cup lemon juice

Directions

1. Get saucepan and bring the water to a boil.
2. Add teabags and let sit for 1 hour.
3. Add sugar and stir well.
4. Pour this mixture into the pitcher.
5. Add lemon juice and chill in the refrigerator for 6 hours.
6. Once chilled, serve.

Nutrition:

87 Calories

0.4g fat

0.2g Protein

Hawaiian Punch Red

Preparation time: 10 minutes

Cooking Time: 0 minutes

Servings: 5

Ingredients

- 2 cups filtered water
- 2 cups fresh pineapple juice
- ½ cup guava/passion fruit blend
- ½ cup fresh orange juice
- ½ cup fresh apple juice
- ½ cup papaya nectar
- ½ cup apricot nectar
- ¼ cup white superfine sugar
- ½ teaspoon red food coloring
- Ice cubes, orange slices, and cherries for serving

Directions

1. Combine all the ingredients in a pitcher.
2. Stir and serve once dissolved in a glass full of ice cubes. Decorate with orange slices and cherries if desired.

Nutrition:

150 Calories

0.5g fat

1.2g Protein

Ihop's All-Natural Lemonade

Preparation time: 10 minutes

Cooking Time: 0 minutes

Servings: 2

Ingredients

- ½ cup fresh lemon juice
- 1/3 cup granulated sugar
- 3 cups water

Directions

1. Combine all the ingredients in a pitcher.
2. Stir to combine well.
3. Chill for 2 hours and serve.

Nutrition:

140 Calories

0.5g fat

0.5g Protein

Olive Garden Ginseng and Honey Green Tea

Preparation time: 10 minutes

Cooking Time: 0 minutes

Servings: 1

Ingredients

- 10 cups water
- 3 green tea teabags
- ½ cup superfine sugar
- 2 tablespoons honey
- 2 tablespoons lemon juice
- ½ teaspoon American ginseng extract
- Ice cubes and lemon slices for serving

Directions

1. Take a large saucepan and boil water in it.
2. Turn off the heat and add tea bags and sugar to the water. Mix well until sugar has dissolved. Add remaining ingredients. Stir to combine.
3. Cover and steep the tea bags for one hour at room temperature. Discard teabags and place in the refrigerator until ready to serve, at least 1 hour.
4. Serve chilled over ice cubes with lemon slices if desired.

Nutrition

116 Calories

0.2g fat

0.1g Protein

CHAPTER 12: Vegetarian

Cinnamon Apples



Preparation time: 10 minutes

Cooking Time: 10 minutes

Servings: 2

Ingredients

¼ cup butter

½ cup apple cider

1 tablespoon cornstarch

2 pounds Golden Delicious apples, cored, peeled and cut into wedges

1 teaspoon lemon juice

1 teaspoon cinnamon

⅛ teaspoon nutmeg

⅛ teaspoon allspice

¼ cup brown sugar

Directions

1. In a large skillet, melt your butter over a medium to medium-low heat. Add the apples in a single layer, then top with the lemon juice followed by the brown sugar and spices.
2. Cover, reduce the heat to low, and allow the apples to simmer until tender.
3. Transfer the apples from the skillet to a serving bowl, leaving the juices in the skillet.
4. Whisk ½ cup of the juice together with the cornstarch in a small bowl. Turn the heat under the skillet up to medium-high and whisk the cornstarch mixture into the rest of the juices. Stir constantly until it thickens and there are no lumps.
5. Pour the juice over the bowl of apples and stir to coat.

Nutrition

116 Calories

0.2g fat

0.1g Protein

Coleslaw



Preparation time: 10 minutes

Cooking Time: 10 minutes

Servings: 2

Ingredients

2 cups shredded cabbage

½ cup shredded carrots

½ cup shredded purple cabbage

1 cup Miracle Whip

1 teaspoon celery seeds

½ teaspoon salt

½ teaspoon pepper

⅓ cup sugar

¼ cup vinegar

¼ cup buttermilk

¼ cup milk

4 teaspoons lemon juice

Directions

1. Toss the carrots and cabbages in a large mixing bowl.
2. Stir in the Miracle Whip, celery seeds, salt, pepper, sugar, vinegar, buttermilk, milk, and lemon juice. Toss again to completely combine.
3. Refrigerate for about 3 hours before serving.

Nutrition

116 Calories

0.2g fat

0.1g Protein

Lima Beans



Preparation time: 10 minutes

Cooking Time: 30 minutes

Servings: 2

Ingredients

- 1 cup water
- 1 chicken bouillon cube
- 2 slices bacon, chopped
- 1 clove garlic, peeled and lightly mashed
- ½ teaspoon red pepper flakes
- ½ teaspoon onion powder
- 1 teaspoon sugar
- ½ teaspoon black pepper
- 1 (1-pound) bag frozen lima beans

Directions

1. Add the water and bouillon cube to a large pot and bring to a boil.
2. Stir in the remaining ingredients. Cover and turn the heat down so that the beans are simmering slightly.
3. Allow to simmer for 30 minutes, stirring occasionally. (Add more water if necessary.)
4. Remove the garlic and then, season with salt and pepper to taste.

Nutrition

116 Calories

0.2g fat

0.1g Protein

Green Beans



Preparation time: 10 minutes

Cooking Time: 30 minutes

Servings: 2

Ingredients

4 slices thick-cut bacon, chopped into pieces

1 (14½-ounce) can cut green beans in water (do not drain)

½ cup onion, finely diced

1 teaspoon sugar

Salt

Pepper

Directions

1. Add the bacon to a large saucepan and cook over medium heat until it is browned but not yet crispy.
2. Stir in the green beans (with liquid), onion and sugar. Bring to a boil, then reduce heat and simmer for 30–35 minutes.

3. Season to taste and serve.

Nutrition

416 Calories

0.2g fat

0.1g Protein

Brussels Sprout N' Kale Salad



Preparation time: 10 minutes

Cooking Time: 1 minutes

Servings: 2

Ingredients

1 bunch kale

1 pound Brussels sprouts

¼ cup raisins (or dry cranberries)

½ cup pecans, chopped

Maple vinaigrette

½ cup olive oil

¼ cup apple cider vinegar

¼ cup maple syrup

1 teaspoon dry mustard

Directions

1. Slice the kale and Brussels sprouts with a cheese grater or mandolin slicer. Transfer to a salad bowl.
2. Add the pecans to a skillet on high heat. Toast for 60 seconds, then transfer to the salad bowl.
3. Add the craisins.
4. Mix all of the ingredients for the vinaigrette and whisk to combine.
5. Pour the vinaigrette over the salad and toss. Refrigerate for a few hours or preferably overnight before serving.

Nutrition

216 Calories

0.2g fat

0.1g Protein

Macaroni and Cheese



Preparation time: 10 minutes

Cooking Time: 20 minutes

Servings: 2

Ingredients

2 tablespoons butter

2 tablespoons flour

1 teaspoon salt

1 teaspoon dry mustard

2½ cups milk

½ pound (about 2 cups) cheddar (divided)

½ pound (2 cups) elbow macaroni, cooked

Directions

1. Preheat the oven to 375°F.
2. Melt the butter in a saucepan, then stir in the flour, salt, and mustard.

3. Whisk in the milk and stir constantly until the sauce begins to thicken.
4. Stir in 1½ cups of the cheese. Continue to stir until melted, then remove from the heat.
5. Add the cooked elbow macaroni and the cheese sauce to a buttered casserole dish. Stir until the macaroni is covered with sauce. Top with the remaining cheese and bake for 25 minutes or until the top is browned and the cheese is bubbly.

Nutrition

116 Calories

0.2g fat

0.1g Protein

Tomato, Cucumber and Onion Salad



Preparation time: 10 minutes

Cooking Time: 0 minutes

Servings: 2

Ingredients

1 pound grape tomatoes

3 cucumbers, sliced

½ cup white onion, sliced thinly

1 cup white vinegar

2 tablespoons Italian dressing

½ cup sugar

Directions

1. Whisk together the vinegar, sugar, and Italian dressing in a small bowl.
2. Add the cucumbers, tomatoes, and onions. Toss to coat. Cover with plastic wrap and refrigerate until ready to serve or for at least 1 hour before serving.

Nutrition

116 Calories

0.2g fat
0.1g Protein

Glazed Carrots



Preparation time: 10 minutes

Cooking Time: 0 minutes

Servings: 2

Ingredients

2 pounds baby carrots, rinsed

1 teaspoon salt

¼ cup brown sugar

2 tablespoons butter

Directions

1. Place the carrots in a saucepan and add enough water to just cover them.
2. Bring to a boil, then reduce heat, cover and simmer for about 35 minutes or until the carrots are fork-tender.
3. Remove approximately half of the water from the saucepan, then add the butter, salt, and brown sugar. Cover and allow to cook for about 5 more minutes.

Nutrition

116 Calories

0.2g fat
0.1g Protein

Grits



Preparation time: 10 minutes

Cooking Time: 30 minutes

Servings: 2

Ingredients

2 cups water

1¼ cups milk

1 teaspoon salt

1 cup quick-cooking (not instant) grits

¼ cup butter

Directions

1. Bring the water, milk, and salt to a boil in a small pot.
2. Whisk the grits into the liquid, stirring constantly until they are well combined.
3. Allow the mixture to return to a boil, then cover, reduce heat, and cook for about 30 minutes, stirring frequently.
4. Remove from heat and stir in the butter (and cheese, if desired).

5. Serve with butter on top.

Nutrition

116 Calories

0.2g fat

0.1g Protein

Breaded Fried Okra



Preparation time: 10 minutes

Cooking Time: 40 minutes

Servings: 2

Ingredients

1 pound fresh okra, rinsed and dried

1 cup self-rising cornmeal

½ cup self-rising flour

1 teaspoon salt

1 cup vegetable oil (for frying)

Salt and pepper to taste

Directions

1. Heat the oil in a large skillet or deep fryer.
2. Cut the okra into ½-inch pieces.
3. Combine the cornmeal, flour, and salt in a large bowl.
4. Drop the okra pieces into the bowl and toss to coat. Allow to rest for a few minutes while the oil heats up.
5. Using a slotted spoon, transfer the okra from the bowl into the

hot oil. Cook for about 10 minutes or until the okra has turned a nice golden color.

6. Remove from oil and place on a plate lined with paper towels to drain. Season to taste with salt and pepper.

Pinto Beans



Preparation time: 10 minutes

Cooking Time: 120 minutes

Servings: 2

Ingredients

- 1 pound ham hocks or country ham
- 1 tablespoon sugar
- 2 quarts water
- 2 cups dry pinto beans, sorted and washed
- 1½ teaspoons salt

Directions

1. Cook the ham hocks until well done. Reserve the stock and pull the meat from the bone.
2. Remove any pebbles from the beans, rinse them, and add them to a large pot with the water. Season with salt and add the ham and reserved stock.
3. Bring to a boil, then reduce heat, cover and simmer for about 3 hours or until beans are tender.
4. Alternatively, you can add all of the ingredients (with the ham

still on the bone) to a slow cooker and cook on low for 6–8 hours.

Nutrition

196 Calories

0.2g fat

0.1g Protein

Conclusion

Everyone has some dishes they like the most, and others love to have a bite of their favorite recipes at home. Will you be the first to make a copycat recipe that tastes the same as the original one? Or will you mix in the wrong ingredients and damage the recipe so that you end up with a concoction that tastes weird?

You need to have all your ingredients collected, mix them up, and see how you can make the taste just like the original recipe.

Following a few simple tips and tricks, you can make quality cuisine in your kitchen. These tricks may not seem so strong on their own but can transform how you prepare food when they are all used together.

The major advantage of trying copycat restaurant recipes is that you can save more money and use your creativity to improve the dishes. You can also adjust the ingredients and add those favorite herbs to your desired taste. You may not include some ingredients of your favorite dish when you try the copycat recipes, and it is okay.

It is not hard to acquire those top-secret restaurant-quality recipes. Others may advise that you need to have culinary credentials to cook those secret recipes. Yet, we can gather those ingredients ourselves and cook an elaborate meal that tastes like the real deal.

But do top secret restaurant recipes taste the way the chef served them? Perhaps. You can easily recreate your favorite recipes with patience and a little practice. You may start to think that some recipes need additional seasonings to improve your dish than the original. Nevertheless, if you wanted to prepare this dish on your own, there is still a chance.